



Health Hunters

Newsletter

A service of 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.



Inside This Issue

Food as Medicine	1-4
Nutrient Special	3
A Lack of Accountability	4
HCG Rx+ Weight Loss Programs	5
Phytonutrients	5-6
Weekly Healthy Bites	6
Invest in the Vision	7
Flashback 2010: Physical Medicine	8



Food as Medicine

by Dr. Anne Zauderer

The title for this article comes from a quote from one of the most historically famous physicians, Hippocrates. He said, **“Let food be thy medicine and medicine be thy food.”** Though he said this quote thousands of years ago, it has become even more relevant to us in our modern world. Consuming the modern diet, we have seen a surge in digestive-related conditions. Not only that, modern science is now connecting a lot of seemingly unrelated chronic diseases to the gut as well. Hippocrates knew this well because he also said that **“All diseases begin in the gut.”**



One thing that is difficult about the world we live in is the fact that we have lost touch with the whole process of eating. We don't grow our own food, we don't harvest it, and in a lot of cases we don't even prepare it. In short, we don't have to even think about the process behind food. This is advantageous as a society because it has allowed us to expand our thinking and make huge advancements in technology. However, this “lack of thought” when it comes to food has set the stage for us to eat whatever is put before us, without much thought as to the impact it has on our bodies.

At the same time that we have become disconnected with the food we eat, the food industry has flourished. The food industry is a business. This means that they are out to make a profit. They are not looking out for your health concerns. They are out to develop products as cheaply as possible while making you want to consume as much of their product as they can. This can make the whole process of eating very confusing. What should we eat? What is healthy for us? What is *actually* food?!

WHOLE FOODS

Most people might be surprised to know that the majority of the foods they eat on a daily basis are not, in fact, really food. What I mean by this is, if you looked in nature, you could not find a lot of the food substances we eat. The average American eats less than 35% of his or her diet from whole foods daily.

Food as Medicine continues on page 2...

Contact the Editor

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

Thank you for reading,

Sean Osler
Editor

Like us on Facebook
facebook.com/riordanclinic

Follow us on
Twitter
twitter.com/riordan_clinic

Instagram
instagram.com/riordanclinic

LinkedIn
linkedin.com/company/riordan-clinic

Pinterest
pinterest.com/riordanclinic/

Health Hunters Newsletter

Join our mailing list to receive this monthly newsletter FREE. To sign up, go to www.riordanclinic.org or email us at information@riordanclinic.org



Food as Medicine continued from page 1...

WHOLE FOOD: A FOOD THAT HAS NOT BEEN ALTERED OR PROCESSED.

For example, an apple is a whole food, applesauce is not. To make applesauce, you have to peel the apple, cook the apple, blend the sauce, and add sugar. You have taken a whole food (the apple) and altered it in a way that decreases its nutritional value. I'm not saying that eating applesauce is a bad thing, but it's not a whole food.



One simple way to ensure that you get the maximum amount of whole foods is to shop the perimeter of the grocery store. Stay with the fresh produce, meat and seafood and don't get sucked into the inner aisles where they keep all of the packaged, preserved food-like substances.

In order to retain the maximum amount of nutrients when cooking your food, just lightly steam or sauté your vegetables and add good fats such as coconut oil and olive oil.

COLOR

A very simple way to determine the nutritional value of the foods you are eating is to look at the color of them. Foods that have deep, rich colors have more nutritional value. In nature, it's the phytonutrients in the plant that give them their color, as well as serve as protection for the plants from the UV rays of the sun. These phytonutrients have the same antioxidant and protective effects in our bodies.

Some of the best "super foods" are our most colorful foods and very high in phytonutrients:

- Kale
- Spinach
- Brussel sprouts
- Broccoli
- Beets
- Red bell peppers
- Sweet potatoes
- Blueberries
- Blackberries
- Raspberries
- Plums

QUALITY

When it comes to food, quality does matter. Choosing organic foods is better for your body and the environment.

Scientists have now genetically modified foods to be resistant to certain pesticides and herbicides. One class of these foods is known as "Roundup Ready"

crops. These are a particular strain of seeds that grow crops that are resistant to a particular herbicide called glyphosate, known by the commercial name Roundup. The genetic modification of these plants makes them resistant to the herbicide so that farmers can spray it all over the plants and only kill the weeds. This allows farmers to



Food as Medicine continues on page 3...

JANUARY NUTRIENT SALE

25% OFF



Probiotic Complete
Reg \$48.95
Sale \$36.71



Probiotic Complex
Reg \$35.95
Sale \$26.97



Ortho Biotic Powder
Reg \$26.95
Sale \$20.21



Blue Heron
Reg \$20.95
Sale \$15.71



**LCS High Lactase/
Dairy Support (Step 1)**
Reg \$18.95
Sale \$14.21



**DGX Digestive
Formula (Step 2)**
Reg \$35.95
Sale \$26.96



**GCF Gluten Support
(Step 3)**
Reg \$26.95
Sale \$20.21



PRZ (Step 4)
Reg \$34.95
Sale \$26.21

Food as Medicine continued from page 2...

produce more crops; however, the price we pay is our consumption of more of this chemical. The top crops that are currently listed as “Roundup Ready” are: soy, corn, canola, alfalfa, cotton, sorghum, and wheat. I don’t think it is a coincidence that these are becoming some of the most common food allergens that people experience.

The British Journal of Nutrition also recently published a review of the literature showing that organic foods have higher antioxidant levels. So choosing organic foods not only limits your intake of harmful pesticides, but it also increases the nutritional value of the foods that you eat.

SPICE IT UP

Cooking with spices is one of the easiest ways to improve the nutritional content of your food ... while making it taste better! There are so many herbs that have anti-inflammatory properties to them, and cooking with them adds an extra nutritional “punch” to your meal. Turmeric is one of the most potent anti-carcinogenic and anti-inflammatory herbs out there. Dill can help remove e. coli from the gut. Basil can help improve serotonin and dopamine levels, naturally. These are just a few examples of how we can use herbs medicinally to support the body.



Herbs can also be used as an infusion for tea. Some of the best digestive herbs are ginger root, peppermint, and chamomile.

Recipe for digestive tea:

¼ tsp of each:

- coriander seed
- cumin seed
- fennel seed

Steep in boiling water for about 5–10 minutes and enjoy. Will help reduce bloating and improve digestion.

DON'T BE AFRAID OF FATS

Americans have a fat phobia. We are afraid that if we eat fats, we will get fat. This could not be farther from the truth. Where we go wrong is that we don’t eat the right type of fat. We need to focus on increasing our intake of the good fats and decreasing our intake of poor quality, processed fats.

Some good examples of fats to add to your diet are:

- Avocado
- Coconut oil
- MCT oil (*medium chain triglyceride oil, found in coconut oil*)
- Olive oil (*only to drizzle, not to cook with*)
- Nuts and seeds



Food can be a really powerful tool to heal your body. It takes time, education, and discipline to really choose to make a difference in your diet and lifestyle. I have yet to meet someone who doesn’t feel better after improving the quality of their diet.

Food as Medicine continues on page 4...

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

10% OFF

HCG Supplemental Products

Seasonings
Dressings
Sauces
Breadsticks

January 1 – 31, 2015



New Year's Word Search

S	M	C	H	J	S	N	C	Y	G
T	E	O	G	N	S	E	Q	P	N
N	D	L	T	E	O	W	I	A	I
E	I	O	T	A	L	Y	H	R	V
I	C	R	Y	O	T	E	E	E	I
R	I	M	O	F	H	A	A	H	G
T	N	K	O	I	G	R	L	T	Z
U	E	O	A	H	I	B	T	B	B
N	D	O	F	X	E	F	H	N	R
W	H	O	L	E	W	X	G	L	Z

COLOR
GIVING
MEDICINE
NUTRIENTS
WEIGHTLOSS

FOOD
HEALTH
NEWYEAR
THERAPY
WHOLE

Food as Medicine continued from page 3...

Below are 5 steps you could take today. Pick one and start working on it in the new year!

1. **Get rid of sugar**—pay special attention to hidden sugars in yogurt, bread, drinks, cereal, breakfast bars
2. **Significantly reduce additives and preservatives**—Don't buy anything in a box, choose organic
3. **Increase good fats and proteins** from organic and grass fed sources
4. **Decrease simple carbohydrates**—Wheat, pasta, crackers, sugar
5. **Drink more water**

A Lack of Accountability

By Charles Hinshaw, MD, Director, BioCenter Laboratory

Poor results in health care have been largely overlooked by the medical profession of the United States. This lack of accountability has resulted in a growing, out of control, Medical-Pharmaceutical-Government Health Complex.



Consider these facts:

- Life expectancy: U.S. men, 76 years, 46th world-wide: U.S. women, 80 years, 47th world-wide.
- Infant mortality: 34th world-wide, down from 23rd 10 years ago.
- Pre-term babies: among the highest in the world.
- Maternal death in childbirth has increased for the first time in 50 years.
- Dementia at 85 years of age: 50%.
- Autism: based on current rate in increase, there will be no normal male infants in the U.S. by 2030.
- Diabetes: at current rate of increase, 95% of adult population by 2030.
- Autoimmune disease affects 150 million U.S. citizens and increases every year.
- Number of children with life-threatening allergies has increased 1000%.
- Toxic superbug bacteria threaten every patient entering a hospital.
- Cancer is increasing every decade, unabated by our so-called advances in detection and treatment.

Those are some of the most important issues we face.

WHAT SHOULD WE DO? Eat "Certified Organic" food whenever possible. Avoid processed food as much as possible. Consume raw, unprocessed foods. Consult physicians who are well informed in the areas of nutrition, clean air and water, and immunizations. Use food supplements (vitamins and minerals) that are derived solely from certified, organic sources, and are produced at low temperatures. Take vitamin supplements that contain "whole" molecules. Mineral supplements should be balanced, as in sea salt, and be in ionic forms.

Let natural, "Certified Organic" foods and supplements be thy medicine.

HCG Rx+ Weight Loss Program

In the year 2014, Dr. Kaumeyer and Medical Assistant, Pam Olberding's HCG program was voted as a favorite by the Wichita Eagle Reader's Choice as part of the "Best Health and Medical" category for "Best Weight Loss: Non-Surgical". We are honored and thankful to be recognized by our community as a resource of Real Health.



Since our founding in 1975, we have practiced nutrition-based medicine with a mission of "...stimulating an epidemic of health." During this time we have observed countless weight-loss programs and fads come and go. Although we consistently see the negative impact of obesity related disease in our patients, we have never encountered a program that we felt comfortable offering or endorsing—until now.

The basis for the doctor supervised Riordan Clinic HCG Rx+ Weight Loss Intervention was originally developed in Europe in the 1950s by Dr. A.T.W. Simeons. The core precepts of the program include the use of prescription Human Chorionic Gonadotropin (HCG) in combination with a very low calorie diet (VLCD), and have been referred to by some people as "the weight loss cure." While we do not feel it's responsible to call our program a "cure," after careful research and consideration, we know it's the best weight loss option of its kind.



Now is the time to implement change in your life that will lead to improved health. Call 316-682-3100 to begin your journey.

Phytonutrients

by Dr. Christina Joy Mackie

What would you call something that is found in a whole food such as a fresh fruit, vegetable, raw nut or seed that is not a vitamin or mineral in that food? If you answered phytonutrients, you're correct! Phyto, meaning "plant", nutrients and phytochemicals are used interchangeably. They are natural chemical compounds in plants that give them all their colors, and help to keep them free from disease. They are not vitamins, because they are not essential to our bodies; nor do they cause any diseases resulting from deficiency. Although, the world we live in is causing us to need more of these colors in our diets to offset the imbalances. Phytonutrients have been proven to prevent disease, enhance health, help repair damaged DNA, and sometimes reverse disorders.



Phytonutrients are plants' defenses in the wild to protect themselves from harm, in the form of antioxidants, anti-inflammatory, anti-viral, and anti-bacterial properties. When we harvest and eat them, they pass on their defenses to us. The different colors have different defense-like systems in each of those plants. Phytonutrients in some plants are increased when cooked such as fresh tomatoes, compared to tomato sauce, has much more of the phytonutrient of lycopene when cooked. Healthy fats such as organic cold pressed virgin oils like olive, avocado, and coconut to name a few, help increase the bioavailability of the phytonutrients by about 15-fold.

Here is a list of colors of plants associated with their phytonutrients. Please note that there are several hundred phytochemicals that have not even been discovered.

BLUE-PURPLE

- **Phytonutrients:** resveratrol, anthocyanidins, phenolics, flavonoids
- **Health Benefits:** supports heart, brain and bone health plus antioxidant protection for healthy aging

Sources: acai berry, blackberry, blueberry, elderberry, purple grapes, plums, black beans, eggplant



RED-PINK

- **Phytonutrients:** lycopene, ellagic acid, quercetin, hesperidin, anthocyanidins
- **Health Benefits:** supports prostate, urinary tract and DNA health

Phytonutrients continues on page 6...

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

WEEKLY HEALTHY BITES

Phytonutrients continued from page 5...

Sources: *raspberry, strawberry, cherry, cranberry, pomegranate, red cabbage, red bell pepper, radishes, tomato, watermelon, guava, pink grapefruit, cayenne pepper*



ORANGE/YELLOW

- **Phytonutrients:** alpha-carotene, beta-carotene, beta cryptoxanthin, lutein/zeaxanthin, hesperidin
- **Health Benefits:** supports eye health, healthy immune function, skin hydration, overall growth & development



Sources: *yellow grapefruit, cantaloupe, apricots, papaya, peaches, mango, yellow & orange bell peppers, carrots, sweet potato, squash, corn, turmeric*

DARK GREEN

- **Phytonutrients:** lutein/zeaxanthin, isoflavones, EGCG, indoles, isothiocyanates, sulphoraphane
- **Health Benefits:** supports eye health, arterial function, lung health, healthy liver function



Sources: *leafy greens and cruciferous vegetables like kale, parsley, spinach, collard greens, Brussels sprouts, broccoli, green tea, oregano*

BROWN-WHITE

- **Phytonutrients:** EGCG, allicin, quercetin, indoles, glucosinolates
- **Health Benefits:** supports healthy bones, circulatory health, support arterial function



Sources: *cauliflower, garlic, mushrooms, turnips, horseradish, white kidney beans, pears, apples, ginger, cocoa*

So the best way to prevent yourself from being in the phytonutrient “GAP” is that, when you look down at the plate of food you are about to eat, ask your-self how many colors of plants can you count? Teach your kids to grocery shop with color, and see how many colors they can get in the shopping cart as well as count the colors they eat each day. Nutrition can be fun and healthy, and not to mention delicious! Remember, there is no supplement even in its natural form that can match the synergistic health effects that an organically grown fruit, vegetable, nut, seed, egg, etc. has in it. As you start off the New Year, grocery shop with color it will be sure to brighten your year!

Resources:

- <http://www.vitameditica.com/5-phytonutrient-color-groups-to-target/>
- <http://juicing-for-health.com/phytochemical-phytonutrient.html>

Free Weekly Lectures and Health Q&As from your friends at the Riordan Clinic



Hosted by Dr. Christina Mackie at our Hays, Kansas office.

All lectures are 12 – 12:30 pm

For more information on dates the lectures are held, please call the number below.

1010 E 17th St.
Hays, KS 67601
785.628.3215
riordanclinic.org

Quality care and innovative approaches to natural medicine.

PATIENT PROFILE

"Let Food Be Thy Medicine and Medicine Be Thy Food", or you can say, "You are What You Eat!" It certainly makes a difference in your health. Right before Thanksgiving, we had a new Co-Leaner come in with great difficulty getting through each day. Here is the journey she has dealt with for the past 7 years. She states it started with ulcerative colitis that began at age 20. She didn't think too much of it; it was just something she had to take medicine for, and it seemed to be a mild ailment.

In December, 2013, at 26 years old, she gave birth to a beautiful baby girl. After a few perfect months, she realized her disease was much more real and much more serious than what she had previously recognized. It started as a small flare up that lasted a month, and 2 months later she had another flare up that would last 4 months. Over the course of those months, she was given high doses of steroids that didn't work and was eventually hospitalized for dehydration and malnutrition. After the treatments in the hospital, she thought she was on a good path to healing.

Unfortunately, after only a couple weeks, all of her symptoms came back again; bloody stools, extreme abdominal pain, tiredness and weakness. She couldn't work on a regular basis and it was nearly impossible to take care of her newborn. Her husband and family had to constantly be there for her to ensure that she didn't pass out while taking care of her precious baby girl. Her gastroenterologist insisted that her diet did not matter, and wanted her to start on a harsh medication called Remicade. The medicine can cause forms of Leukemia and lowers your immune system, making you vulnerable to infections and other diseases. This was something she just couldn't wrap her head around and refused to accept. After getting to the point where she couldn't get out of bed, she desperately researched other options; she came across Riordan Clinic.

From the moment she came here, she states she felt like she was going to be okay. Dr. Kaumeyer spoke in terms of "when" she would get better versus "if" she would get better, which is what she longed to hear after such a long time of being sick. She started the supplements that were suggested and did IVC right away. She and Dr. Kaumeyer talked about a diet that would be conducive to healing. Within the first week of treatment she saw results and after 2 weeks she was nearly symptom free! Three weeks have gone by and she states she still can't believe it! "I am so grateful to the clinic for taking the time for me, and giving me my life back! My little girl turns one this month, and I am enjoying every moment without the pain and suffering from just a month ago! Thank you Riordan Clinic!"



INVEST IN THE VISION

Thank you to the individuals, corporations, foundations and are very own staff for your support during 2014.

The holidays are a great time to give! As you make your year-end giving decisions, please consider an investment in the Riordan Clinic.

Any gift, large or small will help us towards our goal of stimulating an epidemic of health. In gratitude of your generous donation we have established levels of giving to show our appreciation.

LEVELS OF GIVING

Ruby \$100 A 4 x 8 Engraved Brick on our Gratitude Trail

Emerald \$500 A small engraved limestone on our Gratitude Trail

Diamond \$1,000 A large engraved limestone on our gratitude Trails

Pearl \$10,000+ Dinner with our President Brian Riordan

Make your tax deductible gift today, online at www.riordanclinic.org or mail your gift to **Riordan Clinic, 3100 N. Hillside, Wichita KS 67219**. You may also contact me at **316-682-3100** or by email at cbenton@riordanclinic.org



On behalf of the Riordan Clinic and those who benefit from your generosity, we wish you a happy and healthy holiday season.

Christie Benton
Director of Development





Food as Medicine

A foundational nutrition course

There are a lot of questions in today's world about what to eat, how to eat and why.

This in-depth course will connect the dots and address some fundamental questions behind how our diet impacts our health and well-being and how it contributes to the progression of chronic disease.

**Held every Tuesday
from 2:30 – 4:30 pm at
Riordan Clinic.**

**\$39 for an Individual + Guest
17 and Under are Free
New Patients are Free**

Register by phone
316.682.3100 x307
or by email:
reservations@riordanclinic.org



Flashback: 2010

PHYSICAL MEDICINE

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

SINUS DRAINAGE THERAPY

In the midst of winter, colds and sinus congestion frequent the symptom list of many who come into our office. There is a simple and effective “hands-on” home therapy that can be practiced two times daily to promote drainage and relief from congestion. It is a mixture of chiropractic and osteopathic physical medicine.

1. Start by applying pressure with both hands (palms) over the frontal bone (forehead) for 15 seconds.
2. Rub your forehead from inward (midline) to outward (side of head) 6 times.
3. Apply pressure to the inner upper part of the upper orbit bone (where the upper eye and nose meet) on both sides for 6 seconds.
4. Apply pressure to the upper bridge of the nose off and on 8 times (pumping on the nose).
5. Apply pressure to the lower inner part of the eye for 6 seconds.
6. Tilt your head back and apply pressure to the right frontal bone (forehead) and the left cheekbone for 10 seconds. Reverse your hands and repeat the same sequence for 10 seconds.
7. Rub your fingers down the sides of your nose 10 times. Start at the top and work your way down.
8. Use your fingers and apply rotary moves to the sides of your eyes on each side in the little depressions (temple area) for 6 seconds each side.
9. Apply pressure in the upper outer part of the lip on each side for 6 seconds.
10. Rub under your chin and down the front and back of your neck in circular motions. Repeat step 10 three times.
11. Rub your chest midway and underneath your collarbone on each side in a circular pattern for 10 seconds.
12. Raise your right arm and gently squeeze it with left hand. Start at the wrist and work down to the shoulder (milking the arm towards your heart). Repeat this drainage on the other arm as well.

Follow these 12 steps to keep things flowing during the winter months.

