



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.



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Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility in Wichita, Kansas. We have integrated lifestyle and nutrition to help you find the underlying causes of your illness. Since our inception in 1975, the mission has been clear and unwavering to "...stimulate an epidemic of health."

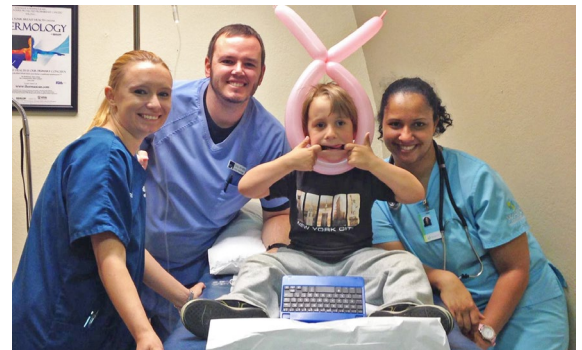
THE AUTHOR

*Shawna Overbey,
Hoyt Lee's Mother*

Hoyt Lee's Journey

"There's something 'BIG' behind his left eye," the pediatric ophthalmologist exclaimed. "We have to get him to hospital now for an MRI!" February 14th, 2012, we were immediately rushed over to the hospital and within a few hours, a pediatric doctor was trying to explain, "Your son has a very large tumor that is wrapped around his optic nerve, called a Glioma." There were so many questions and very few answers. We were told only two options, "Either you can do chemo or not." The depth of my stomach was churning! I later learned that this feeling was my intuition and I have relied on it to guide me throughout Hoyt's journey.

Hoyt was previously diagnosed with Neurofibromatosis 1 (NF-1) at three months of age, and at 16 months old, he was starting chemotherapy for a brain tumor. The standard drug cocktail protocol for NF-1 brain tumor is Carboplatin and Vincristine. He would go weekly for ten weeks, two hours each time, and then would continue with eight cycles consisting of four weeks on chemotherapy and 21 days off. We were told that it was very likely he would need blood transfusions and be in and out of the hospital throughout this time.



It didn't take long to affect his tiny body. By 9 p.m. after his first treatment, he was vomiting. Scared and not knowing what was happening, we gave Hoyt his yellow sand bucket with Winnie the Pooh and friends on it, and taught him to use that whenever he became sick. The next day, his body became tender and he lacked energy. By the fifth treatment his hair started falling out. Hoyt would reach up and pull hair out of his head, hand it to me and look at me as though to say "This just isn't right!" I took him over to our cat and showed him he wasn't alone, "Captain's hair comes out too.... it's shedding season!"

Hoyt would get MRIs every three months, and with more growth by his third MRI, we were told that the chemotherapy was not helping and we were sent home to try to figure out our next move. I researched many hospitals seeking out NF clinics. We decided on Children's Mercy in Kansas City. There we met with an oncology doctor, who we still see for MRIs. We were informed that most NF-1 optic tumors were stable

Hoyt Lee's Journey continues on page 2...

Contact the Editor

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

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Erin Fagan
Editor

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and do not affect the chiasm. The doctor was very concerned at the size of Hoyt's, which was torturous on his left eye, extending into the chiasm and over onto the right optic nerve. At the first meeting, even though the tumor had grown, we were sent back to Wichita to continue with the standard chemotherapy protocol.

We also had an appointment with Children's Mercy's ophthalmologist on our first visit and learned that Hoyt did not have any peripheral vision in his left eye. It wasn't known whether or not he could see anything at all out of it because he was unable to vocalize it. There was extreme nerve damage to the left optic nerve; it was pale in color and could never be repaired. "The good eye is good and the bad eye is bad!"

Throughout his first year we had several visits with many different specialists. He remained a very strong boy and not once was he hospitalized. Even the doctor and nurses at chemotherapy were surprised. His quality of health was getting worse as time went on. He suffered from tremors, fatigue, sore body, a lot of nausea and many battles with bronchitis that were treatable at home.



Hoyt had been sick so much that we had to postpone a few MRIs and it wasn't until April 4th, 2013, about six months since his previous MRI, we were able to go back to Kansas City for his MRI. He was only a few weeks away from completing his chemotherapy sessions. There was not good news at all! The MRI showed BIG GROWTH in the chiasm; it was now in the hypothalamus and pituitary gland, the most dangerous place it could be. We were to stop the chemotherapy that he was doing and there was not a second protocol for NF-1 optic glioma! Now what?? I was so lost. An alternative that was discussed was radiation or a different type of chemotherapy that causes nerve problems, and can effect things like walking, hand movement, etc. But it would just be a guessing game. I asked many questions and in the depths of my stomach I knew that

not one thing being mentioned was anything I was willing to put my little boy through. I decided that he would have quality of life over quantity! I also believe that Mother Nature has provided us with all that we need. I believe that Super Natural means *More Natural*. In other words, miracles are more natural and not synthetic! There had to be an answer and I cried out to be shown the way.

The researching began...

I read countless books and internet sites and the one that has changed our lives forever was a book by Ty Bollinger titled, "Cancer: Step Outside of the Box". The end of his book he listed the top ten cancer clinics that he recommended in the world. My heart jumped with so much joy when one of the clinics mentioned... Riordan Clinic, in Wichita, Kansas!! Oh my gosh, only one and a half hours away from me... I was on the phone immediately!

August 8th, 2013 we walked into Riordan Clinic for the first time and met with Dr. Ron Hunninghake. I was very impressed and intrigued with how High Dose IV Vitamin C works and we started IVC treatment that day through Hoyt's port.

Hoyt's next MRIs were miraculous. Hoyt's tumor was showing either stability or shrinkage over the next two and a half years. As a whole, there has been significant

shrinkage, there is no longer a tumor on his right eye and his sight remains extremely good in that eye. We did eventually find out that Hoyt was blind in his left eye. The tumor is no longer affecting the pituitary gland and hypothalamus. At the last MRI on February 18th 2016, we were told there was hardly a sign of the tumor in the chiasm. Now, this part really excites me; I was told that there was no way that the tumor on his left eye would shrink, yet I always believed in my heart that it will one day all be gone. Well, there was an ever so slight shrinkage this time on that tortuous tumor!! In fact Hoyt has remained so healthy and continues success using the HD IV Vitamin C that he does not have to return to Children's Mercy for one year! They had even mentioned doing a clinical trial on him at our last visit.



The advice I would like to share with everyone is, 'Always follow your gut feeling (intuition) and believe whole heartedly in that feeling!' This was not an easy journey for us, especially when the decision I was making was not for me, but for my son, and that made it even harder. I had to go against the medical profession and, believe me, they told me adamantly my son

needed chemotherapy and that he should be on it. I believed so strongly in what I was doing. Yes, I would second guess myself often, but when I weighed the choices, I knew I was right to seek a natural therapy. There is so much proof out there, you must seek out the answers and not just go with conventional wisdom. The last and hardest thing that I had to learn and needed was patience. This was, and is, a one day at a time journey!

[To become a patient at Riordan Clinic, please contact our New Patient Coordinator, Jason Hattrup at 316-927-4765.]

Hoyt Lee's mother, Shawna has been an important part of Hoyt's success though this journey. She has been following all Riordan Clinic treatment protocols and is adamant about his nutrition. As an avid co-learner at the Riordan Clinic, she continues researching the importance of nutrition and immunity support. She is a member of many NF-1 support groups and it is her goal that other children will also benefit from Hoyt's success at the Riordan Clinic with IVC and nutrition.



It is our goal to continue our research on NF-1 and optic glioma by providing patient care grants to allow more patients like Hoyt to receive this therapy. To be a part of Hoyt's research, please donate today at RiordanClinic.org/donate

What is NF-1?

Neurofibromatosis Type 1 (NF-1) is a tumor suppressor gene syndrome characterized by multiple cutaneous and plexiform neurofibromas. NF is the most common neurofibromatosis, occurring in one in 3,000 individuals. Although many affected people inherit the disorder, between 30 – 50 percent of new cases result from a spontaneous genetic mutation of unknown cause. It primarily affects the skin, nervous system and the eyes. There is currently no cure.

Doctor Call Times

30 Minute Conference Calls for Potential Patients

New phone number!

1.800.567.5900

Access Code #2571701



Mondays, 5:30pm
Ron Hunninghake, MD



Tuesdays, 1:00pm
Anne Zauderer, DC



Wednesdays, 8:00am
Karen Wheeler, APRN



Wednesdays, 5:30pm
Jennifer Mead, ND



Thursdays, 5:30pm
Ola Buhr, MD



Fridays, 1:00pm
Karen Wheeler, APRN

Learn more about our team at:

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Lab Testing

THE AUTHORS



Amanda Hall
and
Angie Cool,
Phlebotomists

Did you know the Riordan Clinic has its own Laboratory? The BioCenter Laboratory is located inside the Riordan Clinic and offers exceptional vitamin and nutrient testing. We have an open door policy at our lab, you can order your own vitamin testing without going through a doctor! Our staff is trained to help you every step of the way from getting tested to becoming a patient. Our lab specializes in thyroid testing, detecting hormone imbalance or food sensitivities and vitamin deficiencies.

Have you been waiting to improve your health? Now is the time to take control of your health for the better. We invite you to join us for our Check Your Health event beginning April 11th – April 15th, 2016. Nine panels from the BioCenter Laboratory on sale up to 35% off and all nutrients will be 25% off. Schedule your appointment at 316.682.3100 or 800.447.7276 and visit us at RiordanClinic.org/check-your-health



Do Vitamins Really Work?

THE AUTHOR



Charles T Hinshaw Jr, MD
Director, BioCenter Laboratory

At times, one may read studies published in daily newspapers and news magazines that recommend eating a balanced diet, which will satisfy all of your nutritional needs. This mantra is also repeated by many practicing physicians and dieticians, and appears to be supported in scientific publications. In the following paragraphs you will find studies supporting the need for supplements.

First, articles attempting to persuade you that supplements do not help, and that you should rely solely on a balanced diet usually have several flaws. These are clinical studies based on whether or not the occurrence rate of a set of signs and symptoms is altered over a period of time, often using a commercial multi-vitamin containing one RDA (Recommended Dietary Allowance) of vitamins and minerals, some of which may not be the best absorbed or the most effective form of the vitamin. Actual levels of the nutrients are not measured. The results of these studies are often down-played when positive effects are shown. For example, experts in an editorial published in the Annals of Internal Medicine opined that the results of two recently published clinical trials offered almost no benefit in preventing chronic disease, “and they should be avoided.” One of these studies, using Centrum Silver as a multivitamin, produced a “modestly lower risk of cancer among 150,000 men.” Do these results show that we should avoid supplements and rely on a balanced diet? You be the judge.



Realistically, most of us will not get adequate nutrition just by eating a balanced diet. Since the 1950s, the nutrient content of commercially available food, within supermarkets and restaurants, has plunged. Long-time consultant at the Riordan Clinic, Dr. Donald Davis, published a research paper in the Journal of the American College of Nutrition, with nutritional data from 1950 and 1999, showing that 43 different fruits and vegetables showed “reliable declines” in calcium, phosphorous, iron, riboflavin (Vitamin B2) and Vitamin C. These declines average more than 20 percent. Nuts, particularly almonds, are often considered to be an excellent source of vitamins (do not try to use natural almonds as your source of Vitamin E). You would have to eat 2,000 almonds daily to get a recommended amount of Vitamin E, and that would amount to 16,000 calories and 1,300 grams of fat, according to Dr. Julian Whitaker.

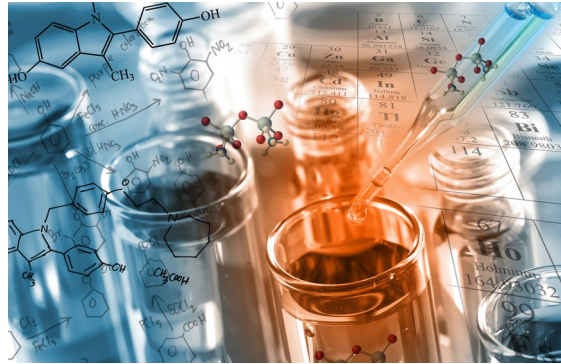
A clinical study from the University of California at Berkley published in the Nutrition Journal reported on a study of 278 people who took a variety of vitamins, minerals, herbs and other supplements for at least 20 years. This group was compared to another group who took no supplements at all.

Results: those taking supplements were 73% more likely to have a healthy blood sugar, 39% more likely to have a healthy blood pressure, much better levels for every indicator of good heart health including homocysteine, C-reactive protein, triglycerides and HDL (good cholesterol). "USDA studies show that 98% of Americans over 70 years of age are deficient in Vitamin D. Vitamins do work and are needed, as shown below.

According to the USDA (US Department of Agriculture), when vitamin and mineral levels were measured in broad study of US citizens, 90% of us are deficient in these essential nutrients:

- | | | |
|-----------------|-------------|----------------|
| (1) Vitamin A | (5) Calcium | (9) Magnesium |
| (2) Vitamin B6 | (6) Fiber | (10) Potassium |
| (3) Vitamin B12 | (7) Folate | (11) Zinc |
| (4) Vitamin D | (8) Iron | |

How critical are essential nutrients? In an article published in Health Hunters in January 2016, the interaction of all body systems with two to 10 different vitamins were shown. The number of coordinating vitamins for each system ranged from two to 10: all are necessary for maximum performance of each system, and additional supporting actions will be discovered for years



to come. You may want to consult this article in order to better understand which organ systems may be causing symptoms related to vitamin deficiencies. This is not to lessen the importance of each and every single vitamin alone, since complete absence of a single vitamin may result in death, as shown in a study of rats published by the Riordan Clinic (although we cannot do this experiment on humans, rats are a good alternate).

Which vitamins should one measure and if deficient take as a dietary supplement? Dr. Riordan always taught that the vitamin(s) you should take are the one(s) in which you are deficient. We should consider all essential nutrients, including 60 essential minerals, 16 essential vitamins, 10 essential amino acids, and two essential fatty acids, 99 in all. With few exceptions, all of these essentials are measured at the BioCenter Laboratory at the Riordan Clinic. Although our physicians at the Riordan Clinic are extremely well-versed in nutrition, it is our recommendation to do a complete panel of nutrients in order to best discover the deficiencies and excesses of each co-learner (patient). Several panels of tests, with slight variations, are available and may be best selected in consultation with your physician.

Many of the references in this article were first called to my attention in a recent sales publication by Julian Whitaker, MD. Thank you, Dr. Whitaker.

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Biochemical Individuality



THE AUTHOR

*Paul Taylor,
Research Scientist,
BS, BA*

Riordan Clinic is often asked, “Why all the nutrient testing?” There are a variety of reasons, but all focus on the biochemistry of the individual. Just as standard pharmaceuticals do not work the same on every individual or produce the same side effects; neither does every individual metabolize the foods and nutrients eaten in the exact same way. Therefore, when a patient/co-learner comes to our clinic, our care providers strive to determine what the variety of symptoms is telling him or her about that individual’s unique biochemistry. Our nutrient testing gives the clinical staff a view into each unique patient.

Various medications, lifestyle choices, and medical conditions may also deplete or prevent adequate uptake of nutrients. Acid blockers or proton pump inhibitors (PPIs) such as Prilosec have been shown to block uptake of calcium and increase its loss from bone. They have also been shown to prevent the uptake of magnesium and iron especially from non-animal sources as the form of iron is changed by stomach acid to make it absorbable. Due to blocking acid production in the stomach, this class of medication may interfere with proper digestion and subsequently uptake other important nutrients. One is B12, which is protein bound and available primarily from animal protein. Without adequate stomach acid, B12 is not released from the binding protein and not available for uptake.

PPIs have also been shown to cause hypermobility of the gut, which can mimic irritable bowel syndrome (IBS) and cause a misdiagnosis as IBS. Long term use can also lead to C. difficile infection in the colon,

Biochemical Individuality continues on page 7...

Eye Health



THE AUTHOR

*Dr. Faryal Ali, BS, MLS,
(ASCP)*

Having normal vision allows us to see things without wearing corrective glasses or contact lenses. Most Americans by the age of 41 years wear bifocals. Why? Because most eat a poor diet, or do not know what to eat in order to preserve their vision. Some Americans may prefer to not wear glasses, so what should they be eating? If food, proper nutrition, is to be our medicine we must learn what our needs are in order to retain normal uncorrected vision and good health.

The macula, the most important part of the retina in our eyes, requires certain nutrients, vitamins and minerals, in order to function well. If nutrients are not present or in correct balance, severe vision loss may occur. The macula has a high concentration of a yellow pigment called lutein, which can be measured in blood samples. Also, macular degeneration may occur because of deficiencies of Vitamin E, Zinc and Vitamin C. All of these are routinely measured at our Riordan Clinic BioCenter Laboratory.

Different structures and functions of the eye require different nutrients. For example, the lens, found behind the pupil in the anterior chamber of the eye, needs Vitamin C, at six times its normal blood plasma level. A special pump maintains this high level of Vitamin C in the eye, required as a part of cataract prevention.



Other nutrients vital to maximal eye function are Vitamin A and Zinc, which are essential for the prevention of night blindness and loss of accommodation (focus). Good circulation, critical in the transport of nutrients to the eyes, and could be compromised by heavy metals. Another common eye disorder is glaucoma, which can cause blindness. This can be prevented by eating a balanced diet, emphasizing fresh vegetables, nuts and Omega-3 fatty acids. The nerve layer of the retina is also very important for eye health. It works as a blue light filter in the central retina. Yellow carotenoid pigment, known as beta carotene, can also act as a filter and prolong eye health.

Eye Health continues on page 7...

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Now you know some of the most important vitamins, minerals and fatty acids necessary for eye health. Eye conditions, like cataracts, glaucoma, inability to focus and loss of central vision can usually be prevented by good nutrition, especially by the consumption of spinach, eggs, asparagus, garlic, onions, carrots, cantaloupes, yams, corn and leafy greens or vegetables. When vision suffers, the critical nutrients, Lutein, Beta Carotene, Vitamin A, Vitamin C, Zinc, Selenium

and fatty acids can be measured in the blood, enabling your physician to correct out-of-range results, which may correct your vision problems. Our BioCenter Laboratory, which has specialized in nutrient testing since 1975, is certified by the U.S. Government. In our library at the Riordan Clinic, we have a great selection of books and tapes by Dr. Riordan and other staff physicians on eye and vision health. Please visit our website, RiordanClinic.org, for more details.

Patient Feedback

"I would recommend this clinic to everyone. I have been there for a weekly visit for 8 weeks and life is so worth living again. To have energy is wonderful."

- Pam S.

"After some family members were having strokes, I pursued going the process of finding out where my health was. With in-depth blood studies I had significant issues I wasn't aware of. Knowing that my well-being is improving is a wonderful peace of mind."

- Ernest S.

Well worth the cost. I have been a patient since September 2015. The improvement to my health is noticeable and measurable. I was surprised by the nutritional testing. I was taking the right supplements for my chronic condition, but not enough to register improvement. I also had the food sensitivity testing. It was eye opening. Once I started avoiding or limiting my trigger foods I again saw improvements. Food is medicine."

- Linda H.

We'd love to hear about your experience!
RiordanClinic.org/feedback

which serious and causes chronic diarrhea. While there are alternative forms of supplementation that might help mitigate the effects of PPIs, the only way to know the status is by testing or the appearance of deficiency symptoms.

In recently published findings at Riordan Clinic, many conditions increase inflammation including cancer, arthritis, and Fibromyalgia, just to name a few. One marker present in the body that gives clinical staff an indication of inflammation is C Reactive protein (CRP). While any healing wound will cause acute inflammation and thus an increase in CRP, many degenerative diseases result in a chronic inflammation state. Typically active disease increases CRP and other disease markers; while vitamin C in higher doses can reduce the CRP level and improve the prognosis of the patient. However, the levels of Vitamin C and supporting nutrients or levels of CRP and disease markers can only be determined through testing.



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Lab Testing



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Not sure about what lab tests to do? Curious about what supplements to take? Ask our providers! Join us for...



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