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Health Hunters

Newsletter

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A Natural Approach for Infertility



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If you have been trying, or are thinking about starting a family, then I am sure you are concerned about your fertility. Rates of infertility in the United States are on the rise. **Infertility** is defined as a failure to conceive after 12 months of frequent intercourse without contraception in women under the age of 35 and after 6 months in women older than 35 years of age. Infertility now affects over 6 million women in the United States alone and is increasing every year. Almost half of these women are given the diagnosis of infertility of unknown cause. But, is the cause really unknown? The cause is very complex and therefore difficult to define and/or communicate. The cause of infertility is also difficult to prove because of a lack of evidence based research. What we do know is that, in most cases, the cause is the result of our lifestyle choices, some of which are in our complete control and others that are not. Even those who do everything possible to stay healthy find it difficult to reach optimal health because there are too many factors: the thousands of man-made toxins we are exposed to daily, lack of availability of healthy food options, our own genetics, and the daily stress of the high expectations Americans place upon themselves, especially women.



These lifestyle elements ultimately result in a chronically malnourished body. Please note that malnutrition is not only a cause of these “unknown” cases of infertility, but also usually part of the cause of hormone abnormalities that are known to cause infertility, such as Polycystic Ovarian Syndrome (PCOS), endometriosis, hypothyroidism, and low sperm count and motility.

Seems like an easy fix right? Just eat more.

That obviously isn't the answer because obesity is rising at an astronomical rate. Because of the obesity epidemic, our society and most doctors disregard malnutrition as a possible cause of chronic disease, including infertility. However, what most people don't realize is that there are more causes of malnutrition than just lack of food or nutrients. Our environments, hormones, excess macronutrients such as sugar and carbohydrates, and even our own genetic makeup can contribute to malnourishment. The majority of doctors are unaware of how deeply nutrition and our environment as a



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.”

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Editor

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whole affect us and often completely forget that malnutrition is also "being unable to use the food that one does eat."

The inappropriate utilization of food has been on the rise since the industrialization of our society. In 1912, the first vitamin was discovered — vitamin A. Since then numerous vitamins have been isolated and mechanisms of action explained, and the vitamin industry has BOOMED! Of course we humans think we can outsmart nature — we have started processing and engineering foods, making fake food and we think that we can just take a pill to get what's missing or add our manmade versions back to the "food." The vitamins may be missing but what is really missing is the synergism of all the nutrients together as nature intended.



These nutrients are running our biochemistry, helping us make and break down hormones and neurotransmitters, detoxify, rebuild tissue, etc. In addition, these nutrients are also talking to our DNA and guiding our genes on how they are expressed or not. The food you eat, especially the phytochemicals and carotenoids, has the ability to turn genes on and off. Not only the chemicals in foods but the chemicals in our environment have

the ability to affect genetic expression. Each person has different susceptibilities to how the environment will affect him/her. Our intake of foods outside of their natural form with unnatural proportions of nutrients has led to decrease in utilization and biochemical chaos!

One example is lycopene. Lycopene is a carotenoid (basically, the red pigment) found in fruits and vegetables — highest in red ones. We know through research that lycopene affects how certain genes are expressed, especially in the ovaries and prostate. It has an even more important role in keeping the ovaries 'safe' in diabetes and PCOS cases. If lycopene is low, certain genes will not be expressed properly, which can lead to unhealthy follicles, infertility, and cancer. Currently diabetes / insulin resistance is only addressed on the macro level of avoiding sugar and losing weight. However, if a woman does so but isn't getting these important bioflavonoids in her diet, her genes will still not be expressed properly and pregnancy may not result and, even worse, cancer may breed.

We can certainly try to work against nature and trick our bodies with the different drugs and hormones to achieve pregnancy (and I'm not saying that is a bad idea) but it certainly isn't the best first choice. A better choice is to first work with our bodies to promote health and assure that the body is receiving all it needs to properly express genes and for our biochemistry to run smoothly. The problem arises in learning the art of doing this. The typical medical algorithm of treatment will not work because every individual is different. Dr. Riordan would always say, everyone has their own "biochemical individuality."

Malnutrition isn't always just a result of our food and lifestyle choices. Malnutrition can also result from different genetic abnormalities and mutations. I am not speaking of major mutations, such as cystic fibrosis, but rather scientists are now discovering that we all carry a variety of gene mutations that affect how fast or slow our biochemistry runs. New research suggests that a part of the cause of infertility could be an MTHFR gene mutation. This is a mutation that affects men and women equally and it's all about how you utilize folate in your body, which is a vital nutrient when it comes to your fertility. Those with the mutation cannot properly absorb and utilize folate. The faulty enzyme MTHFR (which stands for methyl-tetrahydrofolate reductase —

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what a mouthfull!) is responsible for methylation (the process of activating folic acid). This is a core process that occurs in all cells and aids in cellular repair, detoxification, neurotransmitter production, and supports robust functioning of the immune system. As part of the cell repair process, when functioning correctly, this enzyme helps to produce and repair DNA and RNA and ensures cells are created to do what they are supposed to do in the body. With detoxification and neurotransmitter production, this enzyme supports the conversion of amino acids into neurotransmitters. It is essential for turning our food into healthy, functional hormones. This gene mutation can also cause inflammatory build up in the body which is the source of many serious health problems. The most important piece of information to retain about this MTHFR gene mutation is that those who have it will find that they are super-sensitive to environmental and food borne toxins. They have a hard time getting rid of these elements through the normal detoxification processes in the body and this sets them up for major illnesses and diseases, including infertility, fibromyalgia, miscarriages, blood clots, migraines, different cancers, mental health issues like bipolar disorder and depression, and inflammatory diseases like Parkinson's and Alzheimer's. People with the MTHFR gene mutation also do not make enough glutathione, which is a primary antioxidant and detoxifier. They instead accumulate toxins in the body that lead to premature aging, a poorly functioning liver, a compromised reproductive system, and fertility issues. This mutation has also been linked to children being born with autism, ADHD, learning disabilities, and spina bifida.



Synthetic folic acid is a common supplement used in pregnancy so scientists hypothesize that the synthetic folic acid supplementation in women with these gene mutations is partly responsible for the rise in autism and children with learning disabilities. You must assure that your source of folate only comes from food or a supplement that contains the active form of folate (L-methylfolate or 5-MTHF). You may recall a few years back in the media the hype of folic acid and supplements causing cancers, especially colon cancers. It was this synthetic form to which they were referring.

There is so much we at the Riordan Clinic can do to help increase your chances of fertility. Our state-of-the-art laboratory can measure most nutrients, which can help us pinpoint what deficiency or excess may be preventing your body from accepting pregnancy. People are spending an average of \$10–25K per in vitro fertilization (IVF) attempt. IVF is the process by which an egg is fertilized with sperm outside of the body and then implanted. The success rate for IVF on first attempt is only 30–35% for women under 35! I would recommend first spending six months at our center doing a FULL nutrient workup, which would be less than half the cost of one IVF treatment. We see patients from all over the world, so you do not have to be a Wichitan to receive this top-notch care. We cannot promise pregnancy, but I can say I've seen many "infertile" women achieve pregnancy. If they are not able to achieve pregnancy, the only side effect would be better health and well-being. It is a priceless investment!

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Dr. Jennifer Mead will be giving a lunch and lecture on January 18th at the Riordan Clinic, Wichita campus. She will be talking more in depth about some of the causes of infertility and giving you some key action steps you can use immediately to begin to increase your chances of achieving a healthy pregnancy and, most importantly, a happy and healthy little miracle.

To make a reservation, please email reservations@riordanclinic.org or call 316-682-3100.

Upcoming Events

January 4th
11:30am – 1:30pm

Monthly Class –
Food as Medicine



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. This course is available in-person and on-line.

For more information, please see:
riordanclinic.org/food-as-medicine/

Here you will find the login information to watch this course online for free.

January 18th
Noon – 1pm

Lunchtime Lecture – A
Natural Approach for
Infertility



Join us at the Riordan Clinic, Wichita campus to discuss with Dr. Jennifer Mead some of the root causes behind why women struggle to conceive. Also, learn what you can do to best prepare yourself for pregnancy.

Reservations can be made by calling 316-682-3100 or emailing: reservations@riordanclinic.org.

*Complimentary light refreshments will

Please see www.riordanclinic.org for more information

Food is My Medicine *Rx: Real, Whole Foods*



AUTHOR

Jackie Caldwell,
Holistic Health Coach

As someone who recovered from an autoimmune disease by drastically changing my diet, the words "Food is Medicine" have taken on a new and very important meaning. I recovered from severe ulcerative colitis by eliminating the foods that I couldn't digest and allowing my body to heal. This healing and remission came after 18 months of "standard protocol treatment" that did nothing but make my symptoms worse. During this time, I had countless encounters with providers who insisted that food had nothing to do with my digestive disease. With more drugs and surgery being the only options, I decided to try changing my diet, throwing away the drugs, and giving my body a chance to heal naturally. Within a year I was pretty healthy and in 18 months I was in remission. I will not tell you this was easy; it wasn't. I had to work really hard to learn to cook and bake differently and figure out how to feed my family. The silver lining of my illness is that my whole family eats so much healthier now. I believe that real, whole food can restore our health one bite at a time.

If we look at the state of our health in the United States, I don't think we would get a very good report card. Take a glance around you at the people you see at a restaurant, soccer game, or PTA meeting. You can see the state of our health looking right at you and unfortunately it's not very good.



So why is it then that our health has fallen into such disarray? It's my belief that many of our health issues can be directly attributed to what we are putting into our mouths. We have become a society of quick fixes and not getting to the root cause of illness. Many doctors are quick to prescribe and patients are looking for a quick turn around time to feeling better, so drugs seem like the answer. When you are in ill health, you should examine your nutrition and lifestyle along with any diagnosis you might receive from your physician.

It's almost assumed that in our forties and fifties we will gain weight, never lose that weight, and our health will slowly decline. This doesn't have to happen and we should remain vital and healthy for many more years than most Americans expect. It's not only adults who have been affected by our standard American diet; many children in the U.S. are overweight and in ill health at very young ages.

As parents we need to be role models for our children and help them on a healthier journey to adulthood. You have to get your own health in order first before you can help your children. By eliminating processed foods, making your diet predominantly single ingredient foods, and adding movement into your life, amazing things can happen.

Many times it takes a health crisis for us to wake up and realize we need to make significant changes to our diet and lifestyle. If I can offer any advice, it's don't wait! Start

"Food is my Medicine" continues on page 5...

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today and think about what you are eating on a daily basis. Is the food you are eating providing the best nutrition over the long haul for your body? I have found the body to be pretty miraculous at healing once we start ingesting the right kinds of food.

Some basic tips to follow:

- Start with real, whole, single ingredient foods.
- Learn how to use spices effectively to make all of your food taste great.
- If you can't pronounce an ingredient, don't eat it!
- Choose organic when possible.
- Stay away from all processed food.

Start getting in touch with your body again. Eat when you are hungry, eat slowly, chew thoroughly, and stop when you are full. I think we have become out of touch with our bodies, we don't know when we are actually hungry.

Become an advocate for your own health care. This is your body and your life and you have a say. Find doctors and health practitioners you are comfortable working with and who listen to you. Do your research and trust your instincts. You know your own body better than anyone else, so don't be afraid to ask if there are any other options besides drugs or surgery.

The diet that I have followed for the past 10 years is grain-free, Paleo, and mostly organic. I'm not saying this diet is for all of you.

Nutrition is very personal and individual. There were many foods that I simply couldn't digest, so those had to be eliminated first. Then I realized how many different types of food I could still eat. I don't eat processed food at all and never will.

If you have ever lost your health for an extended period of time, you will certainly put a lot of value on having and keeping good health. It means a lot to wake up and feel vibrant and have energy. I don't ever want to go back to the sick person that I was 10 years ago. I realize now I only get a few choices every day about what foods I'm going to put in my mouth. I make those choices based on what is nutritionally best for me and what will keep my illness at bay. People ask me all the time if I will ever be able to eat "normal" again. For me, this way of eating is totally normal and I would suffer a significant relapse if I decided to eat as I used to. I chose instead to live a healthful, energetic, and vibrant life by making food my medicine.

Jackie Caldwell is a holistic health coach and self-taught chef. Jackie works with clients who suffer from autoimmune disorders such as ulcerative colitis, celiac, Crohn's disease, IBD, and anyone who needs to improve their digestive health. Learn more at www.grainfreewellness.com and contact Jackie at Jackie@grainfreewellness.com or 913-980-5605.



Easy Grain-Free Bread

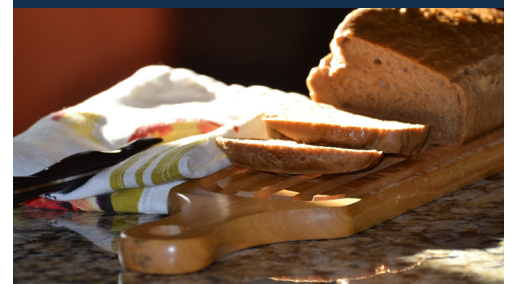
This is a wonderful, easy recipe for grain-free bread. This is a great staple to have on hand for toast and sandwiches. We make at least two loaves a week at our house.

Ingredients:

- 1 cup creamy cashew butter (room temperature is best)
- 5 large eggs
- 2 tsp melted organic butter or use ghee for dairy free
- 1 Tbsp Apple Cider (I use Bragg's)
- $\frac{3}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp fine sea salt

Method:

- Preheat oven to 350 degrees
- Grease a 9x5 loaf pan with oil and insert parchment paper
- Scoop creamy cashew butter into a food processor, powerful blender, or use a bowl and mix well
- Add other ingredients, melted butter or ghee, apple cider, baking soda and sea salt
- Pulse until batter is well mixed (I use a spatula to mix and make sure cashew butter is incorporated into batter)
- Pour batter into the 9x5 prepared loaf pan
- Bake at 350 for 38–42 minutes. Start checking bread at 38 minutes and pull out when tester is clean
- Remove from oven and let cool in pan for 15 minutes and then lift bread out to cooling rack for an hour
- Store bread wrapped tightly in plastic wrap in the fridge or it freezes nicely too.



Recipe by Jackie Caldwell
www.grainfreewellness.com

Patient Profile: Uncovering Infertility Issues as a Team

by Nichole Kunkel, RN

One of the most defeating things as a man or woman is the continuous let down, month after month, when trying to conceive a child. When two people's hearts are set and overflowing with love and desire for a child, the inability to conceive and give that love becomes overbearing and self-defeating. While working at the Riordan Clinic, I learned a lot from the doctors on many symptoms we can treat by addressing the root cause. After seven unsuccessful months of trying to conceive a child and one miscarriage during that time, I knew it was time to seek help from the individuals I rely on daily.

Before going to the clinic for help, I tried the traditional approach and scheduled an appointment with my primary care physician. I went through extensive blood testing and sonograms checking to see if there were any hormone, blood, or anatomical problems that were inhibiting conception. After all my results came back within normal limits, I knew something else had to be going on. That is when I decided to seek help from the Riordan Clinic. I know that vitamins and nutrients play a HUGE role in everything in the body, yet none of my vitamin or nutrient levels had been checked at my primary care office.

After talking with a Riordan Clinic doctor, I was told that, "It is always easiest to 'check the bull first' because they are easier to fix." We had gone through the process backwards which made us feel more defeated, but we were not giving up. The Riordan Clinic doctor recommended we do a preconception

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Defend Yourself during Flu Season



AUTHOR

Olivia Nugroho, RN

Flu season is here. I want to introduce you to a new way for you to protect yourself and your loved ones from getting the flu virus.

Ultraviolet Blood Irradiation (UBI)

UBI is an old and easy-to-administer form of ultraviolet (UV) light therapy. It was used many years before antibiotics were introduced. In early 1920's a physicist named Dr. Emmet Knott developed a technique to treat patients suffering from blood-borne bacterial infections by taking some of their blood, treating it with ultraviolet light, and putting it back into the patients' bodies. This treatment resulted in patients recovering from infection within 24 hours of treatment.

The current procedure utilizes a combination of ozone and UV light to help eliminate chronic and acute bacterial infections, viral infections, autoimmune diseases, allergies, and chronic yeast overgrowth.

"Sadly, most physicians are more likely to promote drugs and surgery first even when safer, more natural alternatives exist."

How does UBI work? A small portion of a patient's blood, approximately two ounces (35–60 cc), is withdrawn and mixed with normal saline. A small amount of ozone is also infused into the bag containing blood and normal saline. This mixture is then exposed to ultraviolet lights through a machine containing two types of UV light, UVA and UVC. The UV light treatment destroys bacteria and viruses in the blood. The blood is then reinfused into the patient's body. The treated blood acts like a vaccination because the attenuated (weakened) germs are introduced to the immune system, which stimulates the body to produce B cells. B cells are responsible for forming antibodies, which contribute to a strong, long-term immune response against the pathogen.

As I mentioned above, there are two bands of light that are used in UBI treatment, UVA and UVC. These two UV lights have different purposes. The UVA is very helpful in treating diseases that cause inflammation such as multiple sclerosis, lupus, and rheumatoid arthritis. The UVC light has been proven to be very effective in treating bacterial and viral infection such as shingles, MRSA, HIV, influenza, hepatitis, and many more.

The use of ozone in UBI treatment is to add oxygen to blood, which then can stimulate a self-healing response in the body. Giving more oxygen to the body can also improve the immune system and decrease inflammation.

Ozone therapy can be used to treat a wide variety of other health problems such as acute and chronic Lyme disease or an upper respiratory illness caused by bacterial

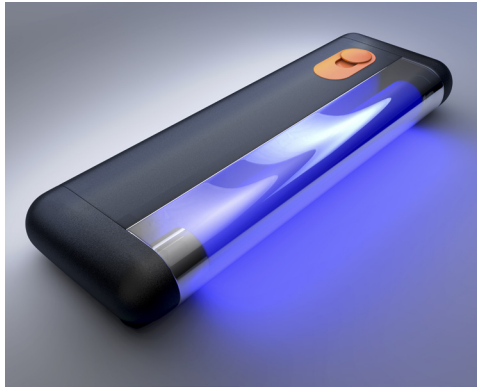
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or viral infection. According to Dr. Rowen, it is also very beneficial for people with heart disease, immune diseases, injuries, and chronic degenerative diseases such as osteoarthritis (Mercola, 2012).

There should not be any adverse effects from UBI treatment when it is done properly. The most common side effect is flushing of the skin, which is caused by increased blood flow. Another common side effect is called a Herxheimer reaction. This is caused by rapid death of large numbers of infectious organisms and may cause flu-like symptoms, which usually is short-lived.



The only contraindication for having this procedure is if you are currently taking a sulfa drug (such as Bactrim). Research has shown that sulfa drugs interfere with UBI treatment by absorbing the ultraviolet energy and reducing the effectiveness of this treatment.

Another very important thing to know before you do this therapy is to make sure you drink plenty of water before, during, and after treatment. Drinking water will help increase your blood flow, keep you hydrated throughout your treatment, and also assist your body in flushing out toxins.

UBI can be a safer and more effective option to prevent or treat the root cause of the flu virus rather than getting a vaccine. It can help you avoid the dangerous effects of the preservatives used in the flu vaccine. You might wonder why this treatment isn't as widely used as antibiotics or vaccines in traditional medicine. Sadly, most physicians are more likely to promote drugs and surgery first even when safer, more natural alternatives exist.

Now that you know more about the UBI treatment, you have a more natural and safe alternative to protect yourself and your loved ones from the flu and harmful pathogens. The UBI therapy usually takes less than an hour, so it can easily fit your busy schedule.

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nutrient panel to make sure our vitamins and minerals were within normal limits. It was also suggested that we do a reproductive analysis on my husband and then decide what to do from those test results.

After all the blood work was reviewed, we found the problems! My CRP, which is a non-specific inflammatory marker, was elevated. It was suggested I do the HCG program to help decrease visceral fat, which releases inflammatory responses. HCG helps regulate blood sugars and hormones as well as improving chances for fertility. My husband had an even easier treatment protocol. He had to switch to boxers, which decreases the amount of heat that sperm cells are exposed to. Also, he took calcium, magnesium, zinc and vitamin C supplements to help decrease the number of abnormal sperm cells produced and to increase motility of sperm and make them stronger and healthier.

One month after the treatments were started, God answered our prayers, and WE WERE PREGNANT! My pregnancy went extremely well. The baby was healthy, and my weight gain throughout the pregnancy was minimal! The best part of the story is that we had a healthy baby boy! My health status after the pregnancy has been constantly improving. Now, I am healthier and more in shape after having a baby than I have been in the last 8–9 years.



This patient's story is a great example of the exceptional care you will receive at the Riordan Clinic. To find out more or to make an appointment, call 316-682-3100 to start your journey to a healthier you.

SALE! UBI special for the month of January!

~~\$215~~ \$172

To learn more about the UBI therapy that is offered at the Riordan Clinic, you can visit our website at www.riordanclinic.org or call 316-682-3100 to make an appointment today.

12 Months to a Healthier You!

Month 1: Drink Only Water

AUTHOR

Anne Zauderer, DC

Have you ever wanted to make a big change in your life? Overhaul some of your habits? January 1st inevitably rolls around each year and we feel compelled to set a New Year's resolution. It might stick for a few weeks or months, but we slide back into our comfortable habits. Or we start reading about all of the ways to be healthy and we try to overhaul everything at once ... and end up right back where we started. Trust me, you are not alone.



I want to issue a challenge to all of our Health Hunters readers. I want to walk through twelve months of healthy lifestyle changes with each of you. I will be issuing one challenge per month. Do it the best you can. Don't be discouraged if you aren't perfect, but stick with it! If you can make these changes in your life, I promise that at the end of the year you will have a renewed sense of energy and achievement in your health journey.

Month 1: Drink Only Water

This is a great place to start. Most people are not aware of the excess sugar and calories they consume in the beverages that they drink. The average person consumes **400 calories per day** in the beverages. Those calories add up fast! This could easily contribute to 20 pounds of weight gain per year.

Most people consume these beverages out of habit. So, now's the time to change your habit! Cut out all calorie-containing drinks.

This includes:

- Soda
- Energy drinks (Gatorade, Powerade, Vitamin Water ... etc.)
- Flavored coffee drinks (yes, step away from the Starbucks!)
- Sweet tea
- Alcoholic beverages
- Juices (all juices, even ones that are 100% fruit juice)
- Lemonade
- Milk



I have many patients who make the change of only drinking water and they immediately lose 10-15 pounds within a few months (a lot of that excess weight is due to inflammation). This is a very simple change that can have a big return! Try this, not only for yourself, but make it a family challenge. Train your kids to drink water with most of their meals.

Best of luck and drink up!

Here are some tips to help you change your habits:

1. The best and least expensive thing to replace the drinks listed above is just water. If water is too boring for you and you want to "spice" it up a bit, try adding lemon or other infused fruits or drink carbonated (unsweetened) water.
2. Aim to drink a minimum of 64 ounces of water per day. I carry around a glass bottle that holds 32 ounces. If I carry the water around with me, I tend to be better at sipping on it throughout the day.
3. Drinks that do not contain any sugar or calories can be another good option, such as unsweetened tea or black coffee. (Note: I am NOT suggesting you change your regular soda for diet. Even though diet sodas do not contain any sugar, the chemical artificial sweeteners in them are toxic and should not be consumed.)
4. Save calorie-containing drinks for special occasions only. You will enjoy that Starbucks latte or glass of wine a lot more if you don't have it on a regular basis.

I want to hear from you on how your results are going with the monthly challenge!

Email me at newseditor@riordanclinic.org. We will be doing random giveaways each month for those who are participating in the challenges.



Email me to get your name entered into the drawing!