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Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility in Wichita, Kansas cofounded in 1975 by Olive W. Garvey and Hugh D. Riordan. 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."

How to Boost Your Health, Reduce Stress, and Live More Joyfully



AUTHOR

Connie Porazka

Our life is what our thoughts make it. –Marcus Aurelius

If you are like me, it is easy to live life in a highly distracted state. We are multitasking our way through just about everything. Our already highly charged lives have been further complicated with the proliferation of cellphones and social media. Our brain (our mind) has become trained to multitask, plan the future and ruminate the past. This has left the present moment often forgotten. The irony is that the present moment is really the only one we have. The past is gone and the future is still untold. The present, on the other hand, is the now, the moment in our life when it all happens. By being totally present, we have the amazing opportunity to watch life unfold, to experience its pleasures, its pains, and its wonders.



What defines this idea of living in the present? You've probably heard the words "mindfulness" and "meditation" more often in recent history. Once seen only as a fringe or cult offspring of the 1960s, this practice is now becoming more mainstream and well-researched. It has become a \$1 billion industry and shows no signs of slowing down. Large companies, such as Google, are heralding its benefits, and the healthcare community is embracing its virtues as an instrumental part of traditional, Western medicine. There is a strong advantage in both business and healthcare to be able to control your thoughts and emotions. Mindfulness helps us to understand that we can't always control the

events and circumstances in our lives, but we can control how we react to those situations. In fact, Dr. Carolyn Leaf, in her book *Switch on Your Brain*, says that, "Research shows that

Here's a simple meditation you can practice at anytime and anywhere called the **Meditation of Joy**.

Start by inhaling and exhaling three times Think back to a joyful time. Smile. Continue to breathe deeply, filling your lungs with joyful thoughts.

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75 to 98 percent of mental, physical, and behavioral illness comes from one's thought life¹."

So, what are mindfulness and meditation? You'll often see these words interchanged. Are they just two words for the same thing? The best way to answer this common question is to look to Dr. Jon Kabat-Zinn of Massachusetts Institute of Technology (MIT), often thought of as one of the most influential people in the field in the United States. He defines mindfulness as the psychological process of bringing one's attention to experiences occurring in the present moment. This skill can be developed through the practice of meditation and other training. Therefore, meditation can be part of mindfulness. In fact, by practicing meditation you are giving your brain a mental workout on how to avoid letting thoughts and emotions run the show.

In my work, I refer to mindfulness as "mindful living." It's my way of showing how a practice of mindfulness can really be something we practice throughout our daily life. Wouldn't we all handle the stresses of our daily lives so much better if we could teach our brain to stop, pay attention and be in the present moment without letting emotions and judgment take over?

I'm also a big proponent of the power of kindness. Can you wish kindness on someone in the past or in the future? Not really. But, in the present moment, you can. Mindful living is how we show up in our daily life. If you want to feel good, just the silent act of wishing someone to be happy can bring great benefits to you.

As the practice of mindfulness has moved from a fringe movement to mainstream, it has started to be more seriously considered by the medical community. Research has shown that mindfulness can have a positive impact on our bodies, even down to the level of our genetics. Wouldn't we all appreciate having a treatment that could reduce doctor visits, sick days and pills to take, all with a better feeling of total well-being.

What does the research say and how are doctors and even hospitals bringing mindfulness into the world of Western medicine? Let's explore a few areas.

Genetics

Our DNA is not readily changed. However, there are factors that can influence the expression of our DNA. These factors are "epi-genetic" or "above the genome." These factors influence how our DNA is expressed or translated. This means that everything from exercise, diet, environmental exposure to chemicals, and our thoughts can influence the expression of our DNA.

Erik R. Kandel, a Nobel Prize-winning neuropsychiatrist, shows how our thoughts and imaginations turn certain genes on and certain genes off, which changes the structure of neurons in the brain².

Pain

We've all experienced episodes of pain. Pain can range from mild pain, which gradually goes away, to more severe and lasting forms, referred to as chronic pain. The opioid epidemic points to a rising usage of medication for the treatment of chronic pain. Millions of Americans are using prescription drugs in their fight against the debilitating pain in their life. Mindfulness has proven to be an effective way of managing pain, both transient and chronic.

A mindfulness practice lets one feel the pain and observe the sensations pain creates in the body. This mindful observation opens the door to being intimately familiar with the pain, while providing the keys to distance yourself from it. Feeling the pain in a new light gives you the freedom to be you and not your pain. Each time a

flare-up arrives in your day, you can stop, observe the pain, distance yourself, understand it, and calmly see it as pain. Mindfulness helps by lessening the distressing thoughts and emotions often associated with chronic pain and providing a well-needed buffer between the pain and the emotional ups and downs chronic pain can cause.



When things get too overwhelming in your day and your mind is going a mile a minute, remember the acronym **STOP**.

- S**top whatever you are doing.
- T**ake a long, slow conscious breath (or more).
- O**bserve what is going on around you.
- P**roceed mindfully with your day.

In the late 1970's a group of researchers (most notably Dr. Kabat-Zinn) developed a program for people with chronic pain called Mindfulness-Based Stress Reduction (MBSR). Combining mindfulness meditation and yoga in a series of daily practices, the researchers found that participants experienced a greater sense of well-being and the ability to function in social settings. The practice of MBSR can be done both privately and in community settings. Research has shown that both provide real improvements to the overall quality of life and may even tone down pain perception pathways in the central nervous system³.

Eating

Who doesn't love indulging in their favorite food or treat? Comfort food is just that, comforting. Eating is essential to maintaining a healthy body and life. What and how much we eat are key. Remember the old saying, "You are what you eat"? For some, eating can be a response to an external trigger. Instead of eating because of hunger, it becomes a comfort for triggers of stress, worry, boredom, or discomfort. Our brain rewires, and eating to comfort emotions becomes a habit. Undoing this rewiring can be difficult to change. Mindfulness can be an effective way to eat better, eat less, and ensure eating is associated with hunger.

Mindfulness helps us to pause and tune into feelings of hunger and satiety, prompting us to eat only when hungry, and to stop when full. Mindfulness also helps us gain a greater sense of nonjudgmental awareness. So, instead of grabbing a sugary drink or a sweet, mindfulness helps to pause, reflect and decide. This gentle pause moment helps reduce automatic eating reactions. Using mindfulness to build self-compassion and loving kindness to oneself, it helps control thoughts of shame, guilt or even binge eating.

Other areas where doctors and researchers are using mindfulness as an integrative treatment include: cancer, depression, high blood pressure, heart attack recovery, and substance abuse. Neuroscientists have found that positive thoughts release a cascade of dopamine, serotonin, and oxytocin. These feel-good neurotransmitters have a huge impact on our mood and emotions. Living and appreciating the present moment helps us to avoid negative thoughts that can hijack our brain and brings us back to the joy in our lives.

In conclusion, it is great news for all of us that science has proven that our brain is continually changing in response to our environment. This concept, called neuroplasticity, means that our brain can rewire itself. This rewiring can occur just by changing our thoughts. It is all dependent on us. If you want to be joyful, then have joyful thoughts. It can be that simple.

CONNIE PORAZKA, FOUNDER RETREAT TO JOY

Connie is Founder of Retreat to Joy whose mission is to build and transform individuals and companies through mindfulness so as to help grow and nurture a kinder Wichita community. Connie is a MBSR (mindfulness based stress reduction) teacher certified through UCSD. She believes that being present in your life is the path to more joy and less stress. You can find more information at www.retreattojoy.com or connect with Connie on Facebook at Retreat To Joy.

Simple ways to fit mindfulness into your day and create a home practice:

- 1 Practice mindfulness during routine activities.** Try bringing awareness to the daily activities you usually do on autopilot by paying more attention when you're going through your day. Tune into your senses. This includes brushing your teeth, taking a shower, eating, doing household chores, walking, etc.
- 2 Keep it short.** Our brains respond better to bursts of mindfulness, so being mindful several times a day is more helpful than one long session. Focus on how your shoes feel on your feet in that moment, or give attention to any tightness in your shoulders or jaw. Try one-minute meditation, focusing on your breath, when you're starting to feel stressed.
- 3 Practice mindfulness while you wait.** When you're waiting, instead of whipping out your cell phone, bring your attention to your breath. Pay attention to what is going on around you. Tune into your senses and how your body feels.
- 4 Do one thing at a time.** There is a myth that multitasking makes us more productive. In reality, multitasking takes 20-40 percent more time than doing one task at a time. You don't make as many mistakes or forget details when you focus.
- 5 Listen.** One of the most loving things we can do for others is to really listen and be fully present when talking to others, rather than getting caught up in our mind chatter, judging what the person is saying and thinking about what we'll say next. Don't just hear the words, really listen.
- 6 Don't rush.** Take time to be still and do nothing at all – even 5 minutes. Go outside and feel the sun, breathe, listen to the sounds around you. Slow down and enjoy the moments.
- 7 Practice meditation.** We can't just decide to be fluent in Spanish, we have to learn the language first. Practicing meditation is how to learn the language of mindfulness. Being more practiced in meditation helps us easily tap into mindfulness.

Dry Brushing: For Your Skin



AUTHOR

Charleen Jenkins, CMA

If you have ever spent time in a spa, you have probably seen “dry brushing” offered as a service on the menu. Dry brushing may not be widely known yet; however, with the benefits it reaps the practice should be on the rise to popularity soon. You don’t need to go to a spa to have this treatment, because it can be done in the comfort of your own home. The most notable benefits of dry brushing are:

Lymphatic System

Claims say that regular dry brushing will help to stimulate the normal lymphatic flow, which helps the body to naturally detoxify. Approximately one third of your body’s toxins are excreted through the skin, and dry brushing can help in removal of these toxins.

Exfoliator

Dead skin cells sit on the surface most of the time and when dry brushed, the dead skin is loosened and removed. This allows for new skin growth, which is naturally softer.

Cleanses Pores

Dry brushing also clears impurities like oil, dirt, and residue from the pores in the body. This is especially beneficial for the face, because it could help to keep your pores clean and clear, all while making your skin smoother.

Cellulite

Based on claims from regular dry brushers, but lacking in research, people say that it has helped reduce the appearance of their cellulite.

Energy Boost

This benefit may only be a theory, but it could be due to the increased circulation in the body. So, with that being said, this practice is probably best to do in the mornings.

This practice would be a perfect way to start off the New Year by figuratively, and literally, shedding the old skin to welcome new growth. If you are curious to test the theories at hand, the first step is to purchase a brush, specifically designed for the skin. You should select the type of bristles depending on how sensitive your skin is. You may start with softer bristles and eventually transition into firm bristles after doing a daily treatment for about a month. The best brush to choose should have natural, non-synthetic bristles and a long handle to reach the entire back.



How to Dry Brush:

Dry brushing can be done daily, preferably before taking a shower. It is best to do this either in the shower or on a tiled surface, so cleaning the fallen skin cells will be easier. When you first begin use a gentle brush stroke with soft pressure, over time you can work up to more pressure.

1. Start at the bottoms of the feet and gradually make your way up the legs in long, smooth strokes. To improve lymphatic flow, brush toward the center of the body. Brush each section about 5 to 10 times.
2. Repeat the same process with the arms – brushing the palms of each hand and then moving up the arms. Brush each section about 5 to 10 times.
3. Brush the stomach area and armpits in a circular clockwise motion.
4. Brush the back last and if brushing the face, use a different, more delicate brush.
5. Take a shower to wash off all the dead skin cells that remain on your body. Use gentle cleansers in the shower, such as lemongrass and bergamot, which can nourish your body. When drying, do not rub towel over skin, pat dry and then apply natural moisturizing oil, like coconut oil.



Remember not to press too hard on the skin. Your skin should never be red or feel raw after brushing; it might be slightly pink though. Use less pressure if you notice that it is starting to hurt in certain sensitive areas.

Choosing essential oils for the after shower care is important as they will be absorbed into your body. A few options that would be best



are lavender, peppermint oil, or rosemary for optimal renewal. Apply your choice of essential oils (usually diluted with a carrier oil) to the bottoms of the feet for the best absorption.

When dry brushing on a regular basis; wash the brush every other week to remove the dead skin cells. Replacing the brush every 6 months is also recommended, because the bristles will eventually become dull.

The bottom line is, gently brushing the skin does have exfoliating benefits and does help to stimulate the lymphatic system to rid the body of toxins. You may have to find what

works for you by doing more research and testing the theories for yourself. It doesn't hurt to try it!

DISCLAIMER: Dermatologists do not consider this to be a legitimate medical treatment because there is not sufficient evidence or research on the practice or the benefits. Dry brushing is not meant to be considered a medical treatment. Use caution when applying essential oils to the skin as some can be irritating to sensitive skin.



Save the Date!

CHECK
YOUR
HEALTH

APRIL
2-6

Some of our most popular lab panels will be deeply discounted and all supplements will be on sale.

Contact the Editor

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

Thank you for reading,



Dr. Anne
Zauderer

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Health Hunters Newsletter

Join our mailing list to receive this monthly newsletter FREE.

To sign up, go to riordanclinic.org or email us at information@riordanclinic.org

Our family has been moving more toward a grain-free diet, which has helped with digestive issues and blood sugar control. The one thing that I miss is having a good bread to dip in olive oil with meals. This paleo focaccia bread hits the mark! It has the benefit of also being low in carbs. Enjoy! - Dr. Anne



PALEO GARLIC-ROSEMARY FOCACCIA

Prep Time:
10 Minutes

Cook Time:
35 Minutes

Serves: 6



INGREDIENTS

- 6 large eggs
- 1/2 cup coconut milk
- 1 tablespoon apple cider vinegar
- 2/3 cup coconut flour
- 1 teaspoon baking powder
- Sea salt
- 3 cloves garlic, thinly sliced
- 2 tablespoons roughly chopped rosemary leaves
- 2 to 3 tablespoons olive oil
- Maldon salt
- Freshly ground black pepper

Preheat oven to 400 degrees and line 10 x 6-inch baking pan with parchment paper.

Whisk together eggs, coconut milk, and apple cider vinegar in large bowl.

Add coconut flour, baking powder, and large pinch of salt and stir until well combined.

Scrape batter into prepared pan and smooth out surface.

Press garlic slices and chopped rosemary into the top of the focaccia, gently pressing into dough.

Drizzle with olive oil and season with salt and pepper. Bake 25 minutes in oven, or until golden.

Source: Thrive Market, thrivemarket.com/blog/paleo-garlic-rosemary-focaccia-recipe

Upcoming Events

For more information or to register for any of these events, please visit RiordanClinic.org/events

Food as Medicine

Wednesday, February 7th

11:30am – 1:30pm

Cost: FREE

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. **PLEASE NOTE:** This course is available in-person at the Wichita campus, and online. For more information please visit: riordanclinic.org/food-as-medicine

Fertility Concerns (Hays)

Wednesday, February 7th

5:30pm -6:30pm @ Hays Public Library

Dr. Dustin Moffitt

Cost: FREE

Come listen to Dr. Moffitt as he explains some common causes of fertility issues and some natural remedies to help improve your odds of both getting pregnant and having a healthy pregnancy.

Essential Oils for Self Care

Friday, February 16th

Noon -1:00pm @ Wichita Campus

Katie Madill

Cost: \$5

We live in a very busy world! Take some time for yourself and learn about essential oils that you can use to care for yourself physically and emotionally. We will be making bath salts for you to take home and enjoy.



D3/K2

DR. RON HUNNINGHAKE

What do you like about this product?

Simple. Safe. Scientifically grounded. The perfect universal vitamin pill...a true "McPill."

(First described this way by Dr. Hugh Riordan himself when he and I were driving past a McDonald's restaurant in 2002,)

How has it positively impacted your health?

Better mood. Better immunity. (No flu for me this year!) Better heart disease prevention. Better cancer prevention. Better bone health. Better overall health!

Who would most benefit from it?

Busy adults who don't like to take a lot of pills, but really need one daily "super vitamin!"



Natural Calm

ERIN MANNING

What do you like about this product?

I use Natural Calm for a few different reasons. The first is that I take it before every flight to help relax me and keep my legs from getting restless/jumpy. I also take it when I have headaches or muscle aches from exercising.

How has it positively impacted your health?

I used to really struggle on flights or long car rides because my legs would jump and ache. This has made a significant impact and I was even able to do an international flight with little trouble at all! I just mixed it into a water bottle and drank it while waiting for boarding.

Who would most benefit from it?

Because magnesium helps in so many ways, this is a good product to keep on hand for even one-off situations. It's easy to use, tastes good and is an affordable alternative to having to deal with medication for simpler ailments.



Melatonin

TANEISHA FRANKLIN

What do you like about this product?

Having several children that are constantly moving and keeping busy, they sometimes forget what sleep looks like and I have to remind them. Within 15-20 after 1-2 sprays under the tongue, they are out!

How has it positively impacted your health?

It has positively impacted my life by helping me keep my children on a strict schedule. They need their beauty sleep for school, and I just need my rest, so we both win!

Who would most benefit from it?

I would recommend Melatonin to anyone that have issues with sleeping, or trouble falling asleep. I especially recommend it for parents whose children think they are night owls and refuse to sleep!

For more information or to register for any of these events, please visit RiordanClinic.org/events

Upcoming Events

Reduce Stress and Live More Joyfully with Mindfulness

Wednesday, February 28th @ Wichita Campus

Noon - 1pm

Connie Porazka

Life seems so busy these days! Our brain has become trained to multitask, plan the future and ruminate the past. This has left the present moment often forgotten. Come listen to Connie Porazka as she teaches about how to reduce stress and anxiety and live a more joyful life through mindfulness training.

Essential Oils for Spring Cleaning

Friday, March 16th

Noon -1:00pm @ Wichita Campus

Katie Madill

Cost: \$5

Are you ready to make the transition away from toxic chemical cleaners in your home? Does it seem daunting to make your own cleaners? Come learn which essential oils you can use to make your own cleaning products. You will be saving money and doing your body a favor! We will be making a foaming hand soap for you to take home with you.



#ichooserealhealth

RIORDANCLINIC.ORG/REAL-HEALTH

WRITTEN BY: [Riordan Clinic Co-Learner](#)

What Real Health Means to Me

Health is – my body doing what it is designed to do, restore.

I had never thought about that much when I was eating whatever I wanted to, until I couldn't anymore. A decline in my health didn't hit suddenly for me. I was moving along until one day I noticed I wasn't able to do or eat the things I thought I could. I didn't realize that my body was breaking down in many ways.

As I look back at my childhood, I realize that I have always had issues with my stomach. However, I didn't know any different as to why or what was going on. I kept getting sicker and sicker until the rug was no longer under my feet, but pulled out and I didn't know what had happened. I didn't know our bodies were designed to heal itself. I ate the convenient, man-made food loaded with things that now make me cry when I study the list of ingredients.

Why would the food industry feed me this? My body couldn't repair as fast as I was eating the poor quality food.

So, little by little, the effects showed up as many different symptoms, which was my body screaming for help. I had to stop and find the true purpose to food – to find the whole form of food – to nourish, heal and protect my body.

Health is that process to me right now and it is forever changing. Just like the seasons, each one prepares for the next. Winter rests and lets the ground heal as we take in what came from the fall harvest. What we planted in the spring we watch and protect from the hot summer days. The seeds are planted and then joy comes from watching the sprouts pop out of the ground. Some seasons are

longer than others, yet, the motive is the same – to grow the best, strongest plant so it can reproduce and keep the next generation stronger than the last.

That's health – to keep our bodies stronger, and food is a tool to achieve this. Food is medicine and it allows the body to do what it needs to do – heal and restore. I have an amazing body and even though sometimes I lose focus on that, it never stops healing.



I am very thankful to be a co-learner at the Riordan Clinic and for Dr. Ron and Dr. Anne, along with ALL the staff at the clinic, who helped me find out the nutrients and food my body needed so I could help it rebuild and restore. Health is letting my body do just that...and I'm on my way! I pray you will find health and happiness along the journey you are on.

Continued from Page 3

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