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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."

DYNAMIC AGING: Overcoming Obstacles and Adding Life to your Years



AUTHOR

Chris Quint, CPT, CSCS

What if your lack of mobility isn't due to your age but instead due to the number of years you haven't been moving well? Movement, not just exercise, is essential to living dynamically, well into your golden years. While aging is not a choice, how you age is. The good news is that it is never too late to start moving more and, more importantly, moving better. In order to express your physical capacity, the key is overcoming many of the obstacles placed in front of you. After 15 years of studying human movement, and working with clients of all ages, I have found that most people share three common hurdles: **FEAR, CONVENIENCE, and EXERCISE MISCONCEPTIONS**. The following are strategies to work through these obstacles and start living dynamically.

FEAR.

This is one of the biggest barriers for many of my clients. Fear of falling, fear of the unknown, fear of being uncomfortable, fear of failing, and fear of breaking the rules society has placed upon aging. Goldeners (50+ years) are told to be safe, to be careful, to rest, to take a seat. But what I have found is that when I provide a safe, encouraging environment where they can get past their fears, we can identify and address their actual movement dysfunctions. One of my clients was afraid to get on the floor a year ago; now she does it with ease. After she overcame her fear, she became empowered to learn multiple strategies for getting up and down – in essence, she became younger.



There is a preconceived notion that "seniors" are all moving slowly, stooped over, cane in hand. No wonder there is so much fear around aging. What if I told you that by changing the

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narrative of what aging looks like, we can positively influence how we age? In a 1999 study (Hausdorff, Levy, and Wei 1999), researchers flashed words on a screen during a 30-minute video game. One group read: *senile, dependent, diseased*, while the other group read: *wise, astute, accomplished*. When tested, the positively reinforced group made gait and walking speed improvements that would commonly be found after months of exercise training. Words have a profound impact on how we move and what we can accomplish. Imagine if we all started looking at aging in a more positive light.



My favorite method for helping clients overcome their fear is quite simple: I give them permission to have fun. After working on squatting mechanics in one of my classes, we had a squatting Easter Egg hunt. We kick a soccer ball around to practice single-leg balance, we had relay races (torch and all) during the Olympics. We throw paper airplanes, we do the wave, and we balance on 2x4's. I first teach proper exercise mechanics, step by step, and then we incorporate the exercises into everyday movements; essentially, we play. I constantly hear, "This is great, I haven't done this in ages." Everyone, no matter their age, loves having fun. It erases all anxiety about trying new movements. Don't be afraid to find opportunities to interact, to play, to laugh – to FEEL younger.

CONVENIENCE.

When you hear the word convenience, what you should hear is "MOVE LESS." Convenience is a barrier that none of us can completely eliminate, but we must try to reduce its effects on our daily life in order to keep moving. Because of human ingenuity and our natural tendency to want to conserve energy, we move much less than we did hundreds of years ago.

Machines, tools and technology have been evolving and invading almost every aspect of our lives, especially since the Industrial Revolution. Today everything is at our fingertips. From the comfort of our own chair, we can order groceries and have them delivered, we can press a button to lock the car, the house and shut the garage, and even press a button on the chair to stand us up. Just think of all of the movements that used to be incorporated on a daily basis. From the process of planting, harvesting, milling and then kneading dough – now we swipe our card for a pre-made, pre-sliced loaf of bread. While we may no longer need to perform all of these movements in our modern world, our physiology still requires proper functional movement.

Now don't get me wrong, I enjoy modern conveniences just like everyone else. My air conditioner is always running on a hot day, and my fancy contact lenses allow me to see the world. However, we can all find ways to move more and age less. There are many ways to incorporate movement despite our conveniences. Here are a few of my favorite tips to get you started:

- 1. Try grocery shopping with a hand-basket instead of a cart.** This will challenge your grip strength and will increase the number of times you have to squat to pick up and put down your basket. Carrying a load will challenge your core and your balance. It will also force you to work on weight distribution. All of this from carrying a basket! If you simply have too many groceries for a basket, use the cart. But park far away from the store and go ahead and load your own groceries into your car—you'll work on rotational, core and arm strength.
- 2. Re-arrange your kitchen.** Move your most used dishes to a higher shelf so you have to reach and stretch every time you need them. Move your pots and pans to the lowest cabinet so you have to squat and lift when you cook. While you are in the kitchen, go ahead and try grinding your own coffee for grip strength and endurance, or get out your whisk to work your forearms, instead of using the electric mixer.
- 3. Sit somewhere different every time.** This will give you freedom to adapt positions while avoiding repetitive motions. Leave your favorite chair empty and try the floor. Squat, sit Indian style, put one leg out, sit on a pillow. If you can't get on the floor, try sitting on a step stool or ottoman. Or forego sitting all together and stand! Get up, get down and move. Just think of all the movement that could happen in 30 minutes while you are watching your favorite tv show!
- 4. Take off your shoes.** Modern footwear does not let the hundreds of muscles, tendons, and ligaments, and 33 joints in each foot to move. So, wake up those dormant feet and walk barefoot on a variety of surfaces. Let the thousands of nerve endings in your feet feel the world. Strong feet are the foundation of balance and stability.

MOVEMENT, NOT JUST EXERCISE, IS ESSENTIAL TO LIVING DYNAMICALLY, WELL INTO YOUR GOLDEN YEARS.

EXERCISE MISCONCEPTIONS.

If you went to the gym for one hour, every day, most would consider you to be very active. But what if you are sedentary the other 23 hours of the day? While exercise can be beneficial, it does have many flaws. It is often performed in small quantities and high intensities. It usually involves large and unnatural forces to joints, and often you end up working the same few muscle groups over and over again. It is a process that is repetitive and unnatural. It is a poor substitute for **MOVEMENT**.

Natural movement, however, takes us back to our roots, allowing us to purposely move in the way our bodies were designed to perform. Such movements include walking, squatting, crawling, climbing, throwing, catching, balancing, carrying, pushing, pulling, and twisting, to name a few. Doing these natural movements not only utilizes the large muscle groups we think of at the gym, but also utilizes the other 500 muscles that usually sit dormant.

As a society, we have become less concerned with natural movement and more familiar with high tech cardio machines. We “exercise” for an hour and check it off of our list. Movement has been so absent in our lives; we have become stagnant and unable to navigate the world outside the gym. Although well-intentioned, “senior” exercise programs are also neglecting to implement natural movement strategies. Many encourage repetitions and exercising in the easiest way. Unfortunately, these classes are not preparing you for real world applications, like getting on the floor with your grandkids or hiking on a rocky trail. So instead of resolving to only “exercise” or go to a class, find ways to move throughout your entire day, which will in turn decrease your sedentarism and increase your physical capacity, regardless of age.

If you are willing to change your habits and work through the common barriers to living dynamically, you will likely find yourself embracing and celebrating aging, no longer dreading it. Remember, you are not too old, you are just under moved. Putting movement back into your life will not only add years to your life but life to your years.

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Chris Quint has a bachelor's degree in Human Health and Performance and is a double certified personal trainer and strength and conditioning specialist with 15 years of experience. He is passionate about identifying movement pattern dysfunction and creating restorative motion programs to get his clients moving again.

Chris Quint Integrated Wellness provides holistic personal training services and is dedicated to helping clients with a wide variety of restrictions achieve a higher degree of health and wellness.

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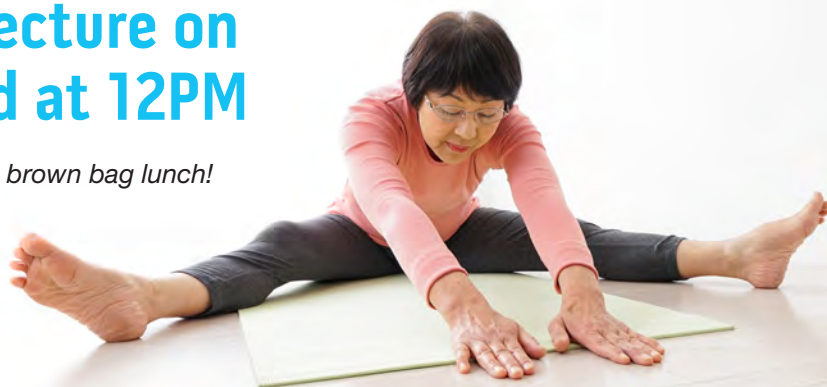
WANT TO LEARN MORE ABOUT HOW TO AGE DYNAMICALLY?

Join us at a Lunchtime Lecture on Wednesday, January 23rd at 12PM

@ Wichita Campus *Feel free to bring a brown bag lunch!*

316.682.3100

riordanclinic.org/events



Dynamic
Aging Series

EVERY FRIDAY IN FEBRUARY

Empowering 50+ individuals who want to develop strategies for overcoming barriers and incorporating more natural movement into their lifestyle.

MORE INFO AT RIORDANCLINIC.ORG/EVENTS

Contact the Editor

Please send any comments or suggestions to newseditor@riordanclinic.org. Thank you for reading.



Dr. Anne Zauderer
Editor

Food: Getting Back to Basics



AUTHOR

Anne Zauderer, DC

It's everyone's favorite time of year: New Year's! This is a time for a reset, a restart, a refresh from all the iniquities of the previous year. A time when gyms are crowded and salads are all the rave. It's a time for new habits, new goals, and a NEW YOU. When it comes to making better food choices, don't fall into the "New Year's mentality" and go on a diet. Diets are short-lived and broken by 95% of people. Instead, make life changes. Start with smaller, sustainable changes to your dietary habits, ones that are right for you.

As we begin a new Food as Medicine class series for 2019 at the Riordan Clinic, I'll give you some of my favorite, most impactful dietary changes that you can make. We'll discuss all of these in more detail the first Wednesday of each month during our class series (see Calendar of Events on page for more details).

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1. Drink Only Water



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 back or eliminate 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, and milk.

2. Eat the Colors of the Rainbow!



Whether we realize it or not, we are influenced by how food looks. We are attracted to food with vibrant color, which is why food companies add artificial food dyes to processed food to make it more appealing to us. The reason we are attracted to color is because foods that are colorful are rich in something called phytonutrients (the prefix phyto means "plant"). These phytonutrients are the rich colors that protect plants from the sun's UV rays, which means they also have a protective effect in our bodies when we eat them.

Some examples of these color nutrients are:

- **BETA CAROTENE** – found in orange fruits and vegetables such as sweet potatoes, carrots, pumpkin
- **LUTEIN** – found in green vegetables such as spinach, kale, Swiss chard, zucchini, and Brussel sprouts
- **LYCOPENE** – found in red fruits and vegetables such as tomatoes, watermelon, guava, grapefruits, papaya, and apricots

Aim to get as many colors in your diet per day as you can. Great ways to do this are with fresh salads and smoothies.



3. Fuel Yourself with Healthy Fats

New research (and a re-examination of old research) has shown us that fats are not the foe we once thought them to be. In fact, a study of 48,000 women over the course of 7 years revealed that low-fat diets did not lead to increased weight loss or decreased disease¹. The key to dietary fat intake is getting the right types of fat.

Consuming foods containing fats that are high in Omega 6 fatty acids will increase inflammation, while eating those that are high in Omega 3 fatty acids will reduce inflammation. Ideally, we need a balance of both. Eating whole foods will naturally provide a good balance. However, consuming processed foods gives us a higher amount of Omega 6's in relation to Omega 3's.

Foods High in Omega 3's

(eat more of these!)

- Wild caught fish (*especially salmon*)
- Grass-fed animal products (*meat, butter, eggs, dairy*)
- Certain nuts and seeds

Foods High in Omega 6's

(eat fewer of these)

- Processed oils like corn, safflower, cottonseed, & soybean
- Grain-fed animal products
- Processed, pre-packaged foods



4. Go Organic

New research suggests that glyphosate, which is one of the active ingredients in Monsanto's herbicide Roundup, could be connected with the rising rates of chronic diseases in the United States. More than **1 billion pounds** are sprayed in the U.S. alone every year. This herbicide is regularly used on crops that

have been genetically modified to be resistant to this chemical. These crops are known as "Roundup ready." Some of the biggest sources of these genetically modified foods are in processed foods, which include: **wheat, soy, corn, and sugar**. I don't think it's a coincidence that we are seeing skyrocketing rates of allergies and sensitivities to these foods. Glyphosate is particularly damaging to the good bacteria that reside in the gut. This contributes to dysbiosis, or overgrowth of the harmful bacteria, and leaky gut.

If your budget doesn't allow you to eat all organic, follow the guide put out by the Environmental Working Group called *The Dirty Dozen*. This list includes the twelve foods with the highest residue of pesticides. If you eat only these twelve foods organic, you will cut out a significant amount of pesticides that you would otherwise be exposed to on a regular basis.

If you are interested in learning more about what foods you can eat to fuel your best health, join us for the Food as Medicine lecture series. The Food as Medicine class has been a staple at the Riordan Clinic for the past 5 years. For 2019 we are expanding this popular lecture into a series that will dive deeper into some of the foundational questions about what food we should eat for our individual needs. The four-part series will be offered multiple times throughout the year. You are welcome to sign up for the whole series or individual lectures. Please visit riordanclinic.org/events for more information about class dates and times.

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Environmental Working Group's 2018 "Dirty Dozen"

Buying these fruits and vegetables from an organic source will significantly reduce the amount of pesticides and herbicides you are consuming.



STRAWBERRIES



SPINACH



NECTARINES



APPLES



GRAPES



PEACHES



CHERRIES



PEARS



TOMATOES



CELERY



POTATOES



SWEET BELL PEPPERS



Food as Medicine

The Food as Medicine lecture has been a staple at the Riordan Clinic for the past 5 years.

For 2019 we are expanding this popular lecture into a series that will dive deeper into some of the foundational questions about what food we should eat for our individual needs.

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5. Cut the Sugar!

It's no secret that most of us eat more sugar than we should. Whether it's the occasional ice cream after dinner or Starbucks coffee on a cold day, we all love it. Sugar is a quick source of energy for the body and the brain. We are biologically primed to enjoy the taste of sugar. For our ancestors, this was an

advantage because sugar was not as accessible as it is today. For them, sugar was most abundantly available from fruit, which was only available during certain seasons of the year, specifically the end of summer. When they would eat the fruit, they would store up excess energy (as fat), which would sustain them over the winter. In the United States today, refined sugar is added to almost all processed foods. According to the United States Department of Agriculture (USDA), the average American consumes between 150 – 170 pounds of sugar per year, which equals up to a half a pound of sugar per day!

Processed foods in the United States are typically made from cheap ingredients that have been processed and refined. To make these ingredients taste better and to keep taste consistent, food companies add sugar. Typically they are adding a cheap source of sugar called high fructose corn syrup (HFCS) rather than cane sugar.

To decrease the amount of sugar you are consuming, here are a few strategies that I recommend:

- Read food labels! Look at the amount of added sugar in the foods you are consuming. Choose brands that have little or no added sugar and the source of that sugar is cane sugar rather than HFCS.
- Be mindful of the number of servings you are consuming. Ketchup might only have 4 grams of sugar in it, but if you consume 5 servings of it, that's a whopping 20 grams of sugar!
- Don't drink your sugar. Beverages are a significant source of added sugar and because we are drinking them versus eating them, we tend not to be as mindful about the amount of sugar.
- Prepare your food from scratch. If you prepare your food at home, you can limit the amount of sugar you use. In most recipes you can cut the sugar in half without noticing a difference in taste.

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Upcoming Events

For more information or to register for any of these events, please visit RiordanClinic.org/events or call 316.682.3100

Dynamic Aging: Overcoming Obstacles to Add Life to your Years

Wednesday, January 23rd

Noon – 1:00pm @ Wichita Campus

Chris Quint, CPT, CSCS

Cost: FREE

What if your lack of mobility isn't due to your age but instead due to the number of years you haven't been moving well? Movement, not just exercise, is essential to living dynamically, well into your golden years. While aging is not a choice, how you age is. Join personal trainer Chris Quint as he discusses natural strategies for putting movement back into your life.

Food 101: Nutrition Basics

The first of four classes in our NEW Food as Medicine series

Date: Wednesday, February 6th

11:30am – 1:00 pm @ Wichita Campus

Anne Zauderer, DC

Cost: FREE

This class will explore the basics of diet and nutrition from a functional medicine perspective. This is an essential piece to understand how your body uses a variety of foods, differently. Some of the topics we will look at are: the differences between a fat, carbohydrate, and protein and how each fit into our dietary needs; why we need fiber (from plants) in our diet; what exactly is metabolism and what can we do to support it; and much more!

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Available in our nutrient store and online at store.riordanclinic.org

For more information or to register for any of these events, please visit RiordanClinic.org/events or call 316.682.3100

Upcoming Events

Food Additives to Avoid

The second of four classes in our **NEW** Food as Medicine series

Wednesday, March 6th

11:30am – 1:00 pm @ Wichita Campus 

Anne Zauderer, DC

Cost: FREE

Have you ever looked at the ingredients list on a packaged food and not recognized half of them? As food has become more of a science, new ingredients are invented and used every year. In addition, herbicides and pesticides are being sprayed on our food at an ever-increasing rate. This class will delve into the additives that the food industry has developed in an effort to market and sell more processed food to us.

Vitamins and Nutrients in Food

The third of four classes in our **NEW** Food as Medicine series

Wednesday, April 3rd

11:30am – 1:00 pm @ Wichita Campus 

Anne Zauderer, DC

Cost: FREE

Most people have heard the term “superfood.” This is a food that has great nutritional value. What makes these foods so great? What types of nutrients are in these foods and what do those nutrients do for our bodies? In addition, there are foods like sugar that, in addition to making us gain fat and dysregulating our blood sugar, actually rob the body of these essential nutrients. In this class we will discuss the best foods to eat for the maximum nutritional value.



#ichooserealhealth

RIORDANCLINIC.ORG/REAL-HEALTH

DR. RON HUNNINGHAKE, CHIEF MEDICAL OFFICER, RIORDAN CLINIC

What does Real Health mean to you?

Well I'm getting older now. I'm 67 years old! Since this is being recorded on New Year's Day, I have the sense of the unrelenting passage of time. Every day now I feel a pressing need to make my moments count! So, for me, Real Health means making good choices today! Especially those choices that will help me maintain a high level of functioning in the years to come. Better choices can mean more quality years ahead.

What are some of the most important choices you make? What has the greatest impact on your health?

I've become very sensitive to the quality of my conversations. I've learned that my words carry a lot of impact not only for my co-learners, but also for myself! I've been listening more carefully to my own Real Health advice.

When I ask about THEIR sleep quality choices, I'm careful to review my own compliance to an early bed time. When we discuss food choices, I wonder if I'm following my own recommendations regarding whole foods, colorful polyphenol-rich veggies, low grains, and GMO avoidance. Am I choosing to pay attention to family fun? Am I creating my own sense of health freedom through healthier choices every day? Do I adequately express the love and gratitude for those around who are an important part of my life?

Real Health is me being authentic to my own words by choosing minute-to-minute attitudes and actions that promote well-being and balance. I'm hoping to serve as a healthy example that will inspire my co-learners that their "better health" is a real possibility, even when so many attempts in the past have failed them.

Do you think there's an endpoint in Real Health, a point where you've finally arrived?

Real Health will always be an ongoing process of discovery, course correction, new discoveries, and new opportunities for even better health. Dr. Roger Williams was a famous medical nutritionist and researcher, who discovered vitamins B5 and B9 (folate). He wrote *The Wonderful World Within You*, a book he intended for his grandchildren. His message was that the nutritional environment of the cell can always be improved. Paraphrasing that, I believe that

we as holistic human beings can always improve, as we strive to create an ever-healthier version of ourselves. Sadly, most people content themselves with hoping for "the absence of disease," which is the medical definition of health.

Real Health is much more: a daily celebration of the miracle of life; a moment by moment freedom to move, think and create energy and enthusiasm! Even if you are chronically ill, each day is a new opportunity to grow beyond your limitations; to listen to your body-wisdom; to open-mindedly seek new answers to old health problems.

What is your recommendation for people at a beginning point in their Real Health journey?

The Riordan Clinic offers a fundamental program called Real Health Discovery. So many of our new co-learners come to us for a fresh start, not quite knowing where to begin. The subjective state of chronic illness can be frustrating and confusing. Therefore, we offer important discovery tools with two critical perspectives:

- Subjectively, we take time to carefully hear the new patient's medical story, listening for clues that can help unearth hidden root causes of their illness.
- Objectively, we depend on a comprehensive laboratory panel of bio-markers. This serves as a cellular "microscope" which can reveal hidden toxicities, infections, inflammatory conditions, nutrient and hormonal deficiencies and neurotransmitter imbalances.

By comparing key points of the patient's story with a thorough inventory of their cellular status, we can answer Dr. Riordan's *fundamental question*:

Q: "What's the most important nutrient?"

A: "The one YOU are lowest in!" (...or the one that's most out of balance).

"Real Health is having the reserves to do what you WANT to do and NEED to do, with ENERGY and ENTHUSIASM." - Hugh Riordan, M.D. (Thank you, Dr. Hugh!) And thank you, Dr. Anne, for this wonderful series of personal reflections on the meaning of Real Health.

If you would like to share a piece of your Real Health journey, please email submissions to newseditor@riordanclinic.org.

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