



Riordan
Clinic

Health Hunters

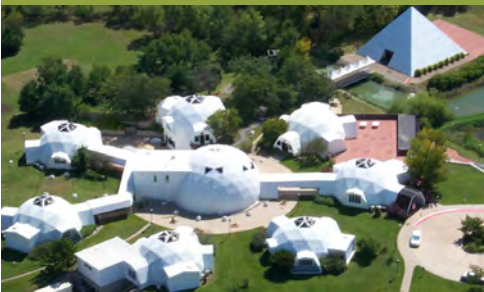
February
2019

Vol. 33
No. 2



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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."

Can You Eliminate Anxiety Without Medication?

When I tell people I teach mindfulness for a living, the first thing they often share with me is the anxiety in their lives. Anxiety is a form of stress that appears to have an overarching presence in today's society.



AUTHOR

Connie Porazka, MBSR

with Lisa Sparks

To give you a little background, research suggests that the amygdala, which is located in the center of our brain, developed the anxiety response to external stimuli as a means of survival. Prehistoric cavemen developed an entire region in their brains dedicated to keeping them alive in the midst of daily life-threatening scenarios. It worked. A little too well, it seems.

Flash forward to present times, while our brain is still wired to run away from dinosaurs, it often interprets signals (such as our phones beeping, emails coming in at a pace we can't keep up with, or a hostile Facebook post in our feed) as life-threatening stressors. So while a new text message may seem benign, or even something to get excited about, it's just one more thing in our daily environment that can add to our modern anxieties.



This is where mindfulness comes in. Mindfulness has the ability to rewire our brains even in the face of stress. A regular practice of just 20 minutes a day of mindfulness has been shown to shrink the amount of grey matter associated with the amygdala in brain scans. Participants in mindfulness studies anecdotally report a measurable anxiety reduction when regularly practicing mindfulness.

In a 2013 study researchers from Stanford noted that there is a direct correlation between the size of the amygdala and the amount of anxiety people report suffering. Children who grew up in stressful home environments reportedly had larger amygdalae than those who grew up in nurturing homes.

Continued on page 2

This is where the magic of neuroplasticity, as it relates to mindfulness, comes in. Some of the latest research supports that mindfulness is a way to literally change your mind! Regardless of the traumas we experienced early in life, as we begin to practice mindfulness regularly, we can start to gain control over our anxieties.

The amygdala is associated with reactivity - it's always on: interpreting and reacting to outside signals before our thinking brain has processed the event associated with the resulting anxiety. Mindfulness is spaciousness between the responsive thinking brain and the reactive reptile brain our ancestors passed down to us.

Dr. Melanie Greenberg sums it up nicely in an online article: Think of mindfulness for stress and anxiety as both an attitude toward living and a resilient brain skill that reduces your amygdala's reactivity. Jon Kabat-Zinn defines mindfulness practice as a way of paying attention purposefully and with nonjudgmental acceptance to your present-moment experience. When you practice adopting the stance of mindfulness for anxiety and stress toward your own experience in the moment, whatever that may be, you open up the space to sit peacefully with and examine your thoughts, feelings, or body sensations, rather than following your amygdala's instructions to run away, be overwhelmed, or react impulsively.

So how do we introduce mindfulness to our anxiety? Many first time practitioners of mindfulness report that when they finally sit down to try it, many of their anxieties come to the forefront of their thoughts. This can initially seem counterproductive. We must give ourselves permission to realize that we may not be able to rid our minds completely of the anxious thoughts coming up during meditation. In fact, being aware of the anxious thoughts and feelings means we're doing it right!

It's important to coach new practitioners in what to expect when they begin mindfulness meditation. It is normal for everything to catch up

with you the second you sit still long enough for it to find you. The first weeks and months of mindfulness meditation allow thoughts and feelings to arise, and create the space needed to observe those thoughts and acknowledge those feelings without judgment.

Much of our anxiety arises from being constantly exposed to the highlight reels of the lives of others we witness in social media. It's easy to compare your everyday life to that and wonder if you are enough. Just searching online for a basic need leads to sidebar advertising of bigger and better suggestions generated by your search engine's algorithm. Screen-time has procured a permanent place in our society, and with it come new forms of anxiety we hadn't anticipated.

And so, mindfulness is a natural equal and opposite reaction to combat this. Ironically, it is our screens that are delivering our mindfulness tools through popular apps such as Calm. But this is a good thing. If you have access to a screen, you have access to mindfulness.

So, exciting news: once the awareness is achieved, the real work can begin. It is through our awareness that we can offer compassion to our anxiety. Anxiety means we care, but by placing our focus on self-compassion and non-judgment, we can begin to alleviate our anxiousness. Meditation becomes not only something we look forward to in our day, but it also becomes something we can't effectively live without. Mindfulness is a tool accessible to each and every one of us.

Connie Porazka has dedicated her career to gaining face time with those new to mindfulness and fostering the benefits of mindfulness in the lives of others. Through Retreat to Joy, she teaches mindfulness workshops and seminars, as well as an 8-week MBSR (Mindfulness-Based Stress Reduction) course. For more information, please visit retreattojoy.com and follow us on social media: facebook.com/retreattojoy.



MINDFULNESS FOR REDUCING STRESS AND ANXIETY

Wednesday March 13th • 12pm @ Wichita Campus

Come listen to and meet Connie Porazka, founder of Retreat to Joy, as she explains simple strategies for being more present and mindful in our daily lives.

FREE

RSVP: RIORDANCLINIC.ORG/EVENTS OR 316.682.3100

The Ketogenic Diet, Is it Right for Me?



AUTHOR

Anne Zauderer, DC

It seems that every few years a new fad diet comes along and everyone jumps on the bandwagon. The newest diet to hit the scene is the ketogenic diet, otherwise known as the “keto” diet. The basic premise is to restrict carbs to less than 20-30 grams per day and increasing fat intake to comprise 60-80% of your daily intake of calories.

The ketogenic diet has been used successfully for over 100 years for children who have epileptic seizures.

CURRENTLY, THE “KETO” DIET IS BEING USED TO HELP PATIENTS WITH METABOLIC SYNDROME, POLYCYSTIC OVARIAN SYNDROME, CANCER, DIABETES, PARKINSON’S, AND AUTISM. MANY PEOPLE ARE ALSO USING IT FOR WEIGHT LOSS.

Does it work? For most people, yes. To understand why this way of eating can be beneficial, and how to do keto correctly, you have to have a foundation of understanding on how our metabolism works.

Human Blood Sugar Metabolism

Human metabolism has the benefit of being very flexible. We eat foods that can either be burned immediately for energy or, if we eat an excess, our body will store that energy as fat. This was especially beneficial for our ancestors who did not have constant availability of food like we do today. In humans, if a particular hormone called **insulin** dropped, that was the signal to the body to start converting fat into a useable form of energy called **ketones** (this is where the name “ketogenic,” or building of ketones, comes from). In this way, humans could access the stored energy they carried around with them as fat.

Most people have heard about insulin in the context of managing blood sugar. When people are pre-diabetic or diabetic (Type II diabetes), insulin levels go up. This is true because insulin is the hormone that “unlocks” cellular utilization of glucose. The more glucose you consume, the more insulin your body releases. If insulin levels stay elevated and you consume an excess of calories, the body will be signaling to store that as fat. In that way, insulin is a very powerful hormone for signaling either the storage or utilization of fat.

The Standard American Diet (SAD) is very high in foods that signal the release of insulin. Foods that are high in sugar, or that easily get converted into sugar, create this response.

How Keto Works

The ketogenic diet uses a basic premise of human metabolism to help people lose weight: **eating fat does not stimulate an insulin response**. This is so very important

Some of the main foods that will increase blood sugar and insulin are:



SUGAR

(cane sugar, high fructose corn syrup)



JUICE

**ENERGY DRINKS
SPORTS DRINKS**



SODA



WHITE POTATOES



PASTA



DESSERTS



BREAD

(including white bread)



**PROCESSED
CRACKERS
AND CHIPS**



MOST FRUITS



GRAINS

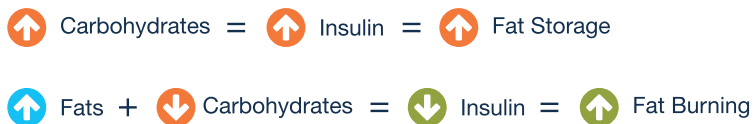
(oats, rice, corn, wheat)



**OTHER
SWEETENERS**

(honey, maple syrup)

because, as previously mentioned, insulin signals fat storage. When people follow keto and reduce their carbohydrates and increase consumption of fats, this effectively lowers insulin levels. As insulin goes down, this signals the body to convert stored fat into ketones and burn those for energy. Below is a diagram that illustrates this concept.



The additional benefits of burning ketones for energy, as opposed to burning sugar, are:

1. More stable blood sugar and less hunger
2. Increased mental clarity
3. Fat loss (not just weight loss)
4. Sustained energy
5. Lowered risk of blood sugar-related chronic diseases
6. Lowered inflammation



How to Do Keto Correctly

Most people have a diet that is high in refined carbohydrates, which leads to dysregulation of blood sugar. Someone who eats this way might have a daily diet that looks like this: breakfast is high-sugar cereal

with cow's milk, a chocolate chip granola bar for a snack, a sandwich and chips for lunch with a piece of fruit, a soda mid-afternoon to boost energy, and pasta for dinner. This sort of diet keeps a person hungry because all day long blood sugar is spiking and falling. With this pattern of eating insulin levels stay high and it is unlikely that the person's metabolism has a chance to get into ketosis, because there is always sugar to burn!

Someone with this pattern will have a harder time re-training his/her body to burn fat as a fuel. It is recommended to become "keto-adapted" slowly by decreasing carbohydrates and increasing fat consumption. This process can take up to 2 months to fully re-train the metabolism.

To get fully into ketosis, most people need to restrict their carbohydrates to less than 20-30 grams per day (this is about 5-10% of their daily calories). Protein should make up 15-30% of their diet. Fats should comprise 60-80% of their diet. The best fats to include are ones that are easily burned for fuel, including MCT (medium chain triglyceride) oil, avocado oil, olive oil and coconut oil. The higher amount of fat will more quickly get the body into ketosis.

on cream cheese and cured meats rather than broccoli cooked in coconut oil. There are many rich, colorful vegetables that are low glycemic and encouraged on the keto diet (see chart below). When eating keto, 75% of your plate should still consist of vegetables cooked in good fats and the other 25% should be a good quality protein source.



Foods to Eat on Keto:

- Avocados / avocado oil
- MCT oil / coconut oil
- Olive oil
- Grassfed butter / ghee
- Pasture-raised animal protein
- Eggs
- Wild caught fish
- Leafy greens (spinach, Swiss chard, kale, collard greens)
- Cruciferous vegetables (broccoli, cauliflower, Brussel sprouts)
- Celery, onion, leeks, garlic, chives, zucchini
- Fresh herbs and spices
- Asparagus, bell peppers, green beans, mushrooms, tomatoes
- Nuts and nut butter, seeds
- Limited full-fat dairy (organic full-fat cream, organic cheese)

As you can see, a keto diet can be a nutrient-rich diet if done correctly. Combining this with other strategies of lowering insulin levels (intermittent fasting and exercise) can be a powerful way of regulating blood sugar and lowering weight in a healthy, sustainable way.

This article is for informational purpose only. Please consult a physician before starting any new dietary program.

Dr. Anne Zauderer will be teaching a lecture 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.

What Co-Learners are saying:

After years of starting and giving up on countless attempts to lose weight and improve her health, Erin has found success as a co-learner at the Riordan Clinic. Although she's still actively involved in the Lifestyle Rx program and has a ways further to reach her goal, she is excited to share that *she has lost 52 lbs since April 2018!*

**\$50
OFF**

Weight Loss Programs

HCG

LIFESTYLE RX

LIFESTYLE 180



As an expert in the field of advanced medical weight loss Mike Shaw, PA will listen as you explain your current challenges, struggles, questions, and healthy weight goals to decide together which of our medically supervised programs is right for you. You will meet with him monthly for support, to continue developing your long term plan, and to monitor your progress as you move towards your goals. **By combining daily nutrition, lifestyle, supplements, education, and the possibility of safe prescription support, you can create an effective change that will last.**

**LEARN
MORE**

**riordanclinic.org/weight-loss-programs
316.682.3100**

Contact the Editor

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



**Dr. Anne
Zauderer**
Editor

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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

Spreading IVC to Barbados

In January Dr. Stan Odle, owner of Health R' Us Clinic, invited Riordan Clinic staff to Barbados to help him add IV Vitamin C treatment options to his practice. Chris Brannon, RN BSN (Direct of Clinical Services) and Erin Manning, MBA (Director of Marketing) spent two days on site to train Dr. Stan's medical team on how to safely prepare and administer IVC and expand on the knowledge he received at the IVC Symposium in October. Chris and Erin also worked with local media to answer questions and announce that the very first IV Vitamin C infusion had been given in Barbados and is now available for patients throughout the Caribbean.

Dr. Hugh Riordan and Olive W. Garvey's legacy live on through these and other staff members' dedication to spreading the message of Real Health. Thank you to Dr. Stan for the invitation and opportunity to partner in making history for the people of Barbados.



Signs hanging outside of the Health R' Us Clinic in Hastings, Chris Church, Barbados



Chris, Erin, Dr. Stan and Cleddie on the final day



Chris explaining the IV supplies and process to Dr. Stan

Upcoming Events

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

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!

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

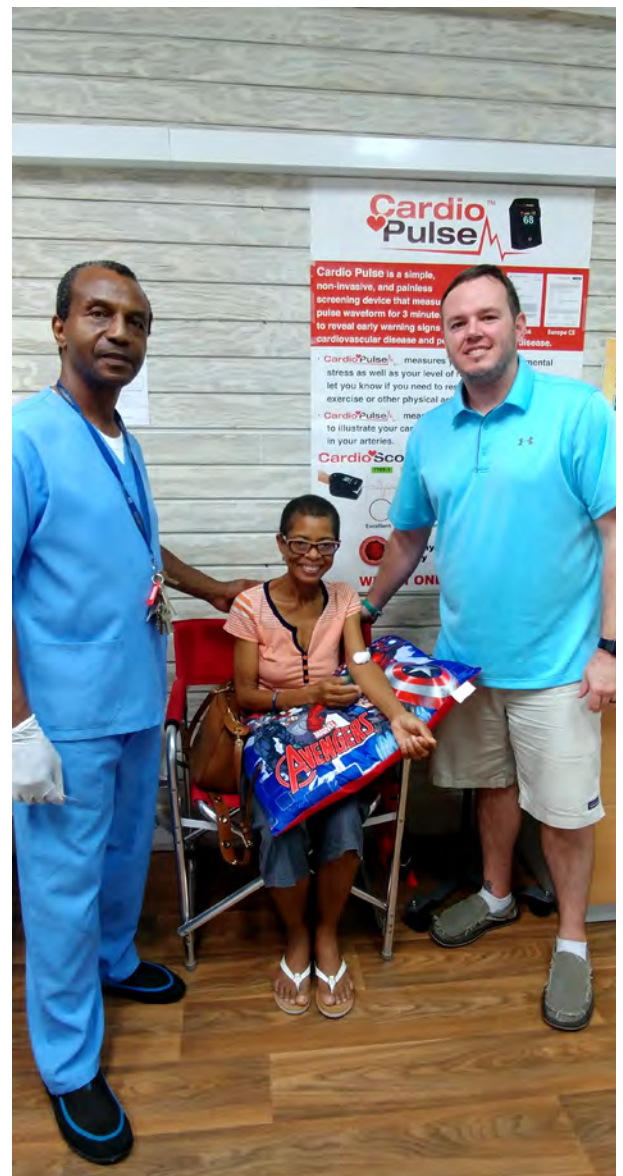
Have you ever looked at the ingredients list on a packaged food and not recognized half of them? As food has become more of a science, new ingredients are invented and used every year. In addition, herbicides and pesticides are being sprayed on our food at an ever-increasing rate. This class will delve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



Dr. Stan administering the first IV Vitamin C in the country of Barbados



Chris being interviewed for the local media



Dr. Stan and Chris with Jillian, Barbados' first IVC recipient



I Choose Real Health! She was excited to choose a bracelet to represent each one of her children. "They are why I am doing all of this."

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

Upcoming Events

Mindfulness for Reducing Stress and Anxiety

Wednesday, March 13th

12:00pm – 1:00 pm @ Wichita Campus

Connie Porazka

Cost: FREE

Life can be busy. Our daily pressures and stressors can build and create an overwhelming sense of stress and anxiety that can spill over into our health and relationships. Come listen to and meet Connie Porazka, founder of Retreat to Joy, as she explains simple strategies for being more present and mindful in our daily lives to help reduce stress.

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.

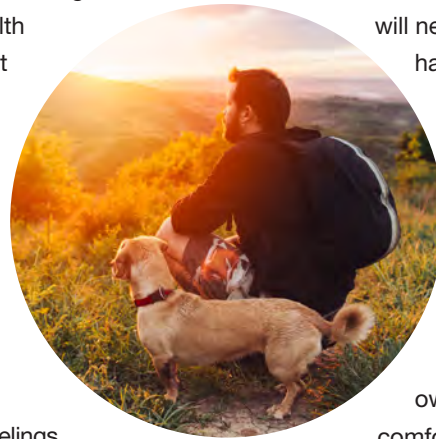
#ichooserealhealth

RIORDANCLINIC.ORG/REAL-HEALTH

ANNE ZAUDERER, DC

The idea of “having health” has changed for me over the years. I’ve come to realize that it’s not just about taking all the right supplements or eating all the right foods. True health comes from a place of happiness and contentment with who we are as individuals.

It is very easy to want to superficially compare ourselves to the world, and find that we are lacking. There is always someone out there who has more and can do more than we can. We perceive that everyone else has their lives together, which makes our own lives appear inadequate in comparison. We let the world’s standard of beauty, power, wealth ... and, yes, even health dictate our feelings about our self-worth.



Here’s the secret: most people get it backwards. When you let the world dictate the standard for what will make you happy, you will never be enough to attain that standard. The world has set a bar that is unattainable, because it doesn’t exist. It is an illusion.

True contentment starts with the understanding that you have been made to be enough. Determine what makes you happy. Surround yourself with people that will reinforce good values. Prioritize the relationships that are life-giving. As you set the standard for what your own happiness is you will become more and more comfortable with being content in who you are.

I have no doubt that our emotional state influences our physical health. As a chiropractor, I have seen physical ailments disappear as the emotions of a person changes. Stress can be one of the most nutritionally-draining states that the body has. It is a short-term solution to help us survive. No person was made to exist in a state of stress all the time. It can affect almost every system in the body.

Setting your own standard of happiness will reduce your stress. Truly enjoy being in the moment. Life is going to pass, whether we are prepared for it or not. Why not savor every bit we can? You might just find that with contentment you have better health.

HOW STRESS AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

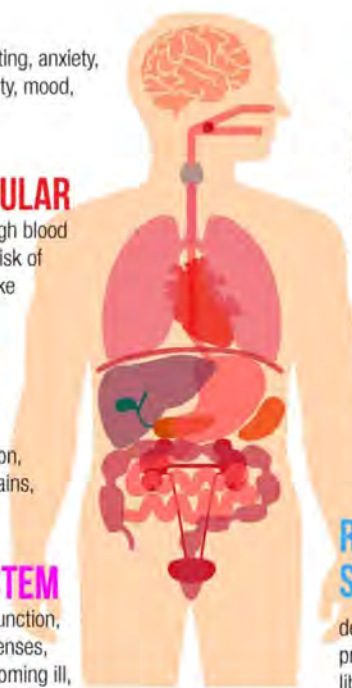
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

- Find the time to take a walk and feel the sunshine on your face.
- Do a vigorous hike and feel the physicality of your movement and heartbeat.
- Relish that first sip of hot coffee or tea in the morning.
- Take a nap in a hammock feeling the breeze on your cheeks.
- Enjoy an expensive bar of chocolate as every morsel melts on your tongue.
- Volunteer your time to help someone in need, feel compassion and love for them.
- Meditate or pray with open arms.
- Enjoy the company of friends that make you laugh.