

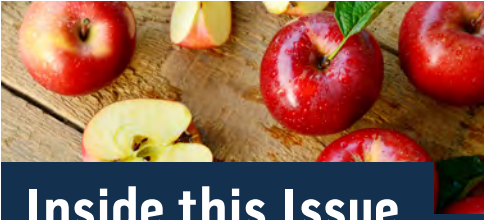


Riordan
Clinic

Health Hunters

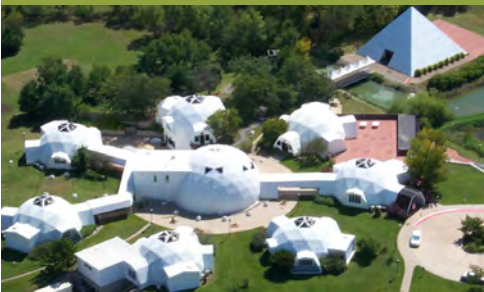
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Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility in Wichita, Kansas cofounded in 1975 by Olive W. Garvey and Hugh D. Riordan. We have integrated lifestyle and nutrition to help you find the underlying causes of your illness.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

Revolutionary High Dose Vitamin D Protocol for Autoimmunity, Obesity and Improved Sleep

Years ago, Dr. Hugh Riordan and I were driving through Boulder, Colorado on our way to an appointment. As we happened to drive past a McDonald's restaurant, he shook his head and made this striking comment, "It's too bad we don't have a 'McPill.'"



AUTHOR

Ron Hunninghake, MD

No, Dr. Hugh was not endorsing fast food. He told me he was thinking of vitamin D3: so simple to dose, low cost; very safe, highly effective at mitigating a wide array of chronic illnesses; the ultimate preventive nutrient. Were it offered by McDonald's on a worldwide scale, it might cost less than a few cents for each dose. Heck, McDonald's could offer it for free, as a public health option! The vitamin D McPill would have been the ultimate universal "health coup!"

Well, it will never happen. It was a pipe dream. The point being, however, that vitamin D may be the simplest, most universal way to both recover health and maintain health!

What "The McPill" Can Do for You

In the interest of time and space, I'm going to summarize vitamin D3's benefits into just three key categories.



Immunity

Why do most colds and flu happen in the winter? Less sunshine means less vitamin D, which leads to less immunity. That simple. Plus, in the proper dosage, vitamin D acts as a powerful immune modulator. This property can help to stem the rising tide of autoimmune diseases in the Western world. If you are dealing with such issues as allergies, dry eyes, leaky gut, MS, Crohn's Disease, rheumatoid arthritis, thyroiditis; the list goes on to over a hundred

different autoimmune disorders, all of which could be mitigated with proper and safe dosing

Continued on page 2



find out that vitamin D – at the optimal dose – will reverse these awful trends. For many, their weight will also begin normalizing, with as much as a 10-pound loss a month!

Keep in mind that D3 has demonstrated help with osteoporosis prevention and treatment, cancer and heart disease prevention, depression prevention and control, and a host of many other outstanding benefits. Just type in “vitamindwiki.com” to link with an incredible 125 medical conditions that can be helped with proper dosing of vitamin D.

Vitamin D is Actually a Hormone!

It was in the early 1900’s that vitamins were being discovered, one after another. The fourth great vitamin discovery was “vitamin D.” Vitamin A cured a type of blindness, vitamin B1 cured beriberi, vitamin C cured scurvy, and vitamin D cured rickets.

Only one problem – vitamin D is NOT a vitamin. A “vitamin” is defined by the medical dictionary as “an organic substance essential in small quantities to normal metabolism and generally found in foods.” D3 is found in foods, it is essential, but, unlike other vitamins, it can be synthesized from cholesterol in the skin in the presence of sunshine.

There is much more to the story of D3 as a hormone. Suffice it to say that humans can make it, IF we get adequate sunshine, or eat very large amounts of healthy ocean fish. Here in the temperate zone, we used to get a lot of sunshine in the summer, but very little in the winter. Years ago, the typical farmer, working all day in the summer sun might generate 40,000-60,000 IU’s of vitamin D each day, much of which his body stored in his fat cells. These higher doses of stored D3 were later available to him in the winter months.

of D3.

Sleep

Surprisingly, at the higher, more optimal doses, D3 orchestrates the deep, restorative level of sleep that is recognized as a key foundation for good health.

Metabolism

Perhaps the most important benefit of D3 (there are so many!) is its incredible ability to restore proper metabolism. With over 70% of our population struggling with insulin resistance, obesity, high BP, elevated triglycerides, and the development of type 2 diabetes; it is shocking to

Modern Times, Modern Changes

The 21st Century is witness to unprecedented changes in what I generally will call “the modern way of living.” The widespread availability of electricity, mechanization and computerization of labor, indoor climate control, refrigeration and sewage, and the incredible rise in communication technologies have all transformed our lives for the better. Right? While many would unequivocally respond in the affirmative, we look around and see another picture of the downside of these advances.

Family cohesiveness has been replaced with online connectivity of dubious value. Hard outdoor work in the heat and sun with prolific sweating and a higher level of physical endurance has been replaced with periodic gym visits, prolonged TV watching, and sun phobias due to conflicting reports about the risks of skin cancer. Psychological hardiness is being replaced with widespread depression and rising rates of suicide and gun violence. One in four middle-aged American women now take an antidepressant medication. Overweight, tired, pre-diabetic and over-medicated citizens fight their way through their workday only to experience restless sleep at night.

It has been scientifically documented that in our most recent generation (the last 25 years), the incidence of ALL chronic illnesses has risen tenfold!

The Winter Syndrome

Judson Somerville, MD, offers a surprisingly simple explanation and possible solution for our modern chronic disease epidemics. Recall that vitamin D is, in reality, a hormone. A hormone functions as a cellular regulator, sometimes stimulating and at other times suppressing specific cellular actions.



The prolonged suppression of D3 in our sun-phobic, indoor-inactive modern times also acts as a signal: “It’s wintertime...time to hibernate.” Hibernation implies less food availability, thus activating hunger for high calorie, optimal storage foods. Metabolism slows down and fat absorption ramps up. The body fattens up. Chronically high insulin levels beget insulin resistance. Obesity and lethargy

ensue. Ironically, sleep quality deteriorates. Gut flora suffers, immunity wanes, and the risk of chronic infection is heightened.

The chronic lack of optimal D3 reinforces what Dr. Somerville, in his book *The Optimal Dose of D3*, calls “the winter syndrome.” Low levels of D3 induce a state of waking hibernation, which corresponds to the many manifestations of D3 deficiency.

Misdirected, Excessive Caution

The early researchers of vitamin D were convinced that this newly discovered nutrient regulated calcium and bone health. That was all! They were unaware of the benefits of the much higher levels of vitamin D acting as a hormone.

They were not cognizant of the fact that most humans, prior to modern times, typically generated hormone D3 in the tens of thousands of units per day, not just the 600 IUs needed to prevent rickets.

Consequently, even after scientifically determining that the true toxic level of D3 in the blood was around 300 ng/dl, they decided to play it safe and declare toxicity at 100 ng/dl, “in order to create a safe buffer zone.” The precaution has crippled modern medicine’s concept of the incredible utility of high-dose D3. Here caution has done much more harm than good.

The Vitamin D Council

This scientific group has taken a much more enlightened view of the amazing utility of D3. As such, their recommended Toxic Level is listed as 150 mg/dl. And even this more liberal dosing does not take into consideration those individuals who are genetically carrying defective vitamin D receptors (VDR’s.) For them, especially those with severe autoimmune disease, much higher levels of D3 may be necessary.

WHY HIGH DOSES?

According to the renowned Portuguese Professor, Dr. Manuel Pinto Coelho: “Most of the drugs that are taken, try to imitate what high dose ‘vitamin’ D3 can do.” (Note: Dr. Pinto Coelho was able to reverse his son’s ALS using this approach.) Furthermore, according to the pioneering work of the renowned Brazilian neurologist, Dr. Cícero Coimbra, using vitamin D in large doses stops, and even partially reverses, the damage caused by multiple sclerosis and many other autoimmune diseases in 95% of the cases. (This paragraph is reprinted from the preface of the book *How Not to Die with True High-Dose Vitamin D Therapy: Coimbra’s Protocol and the Secrets of Safe High-Dose Vitamin D3 and Vitamin K2 Supplementation* by Tiago Henriques and Miriam Henriques.)

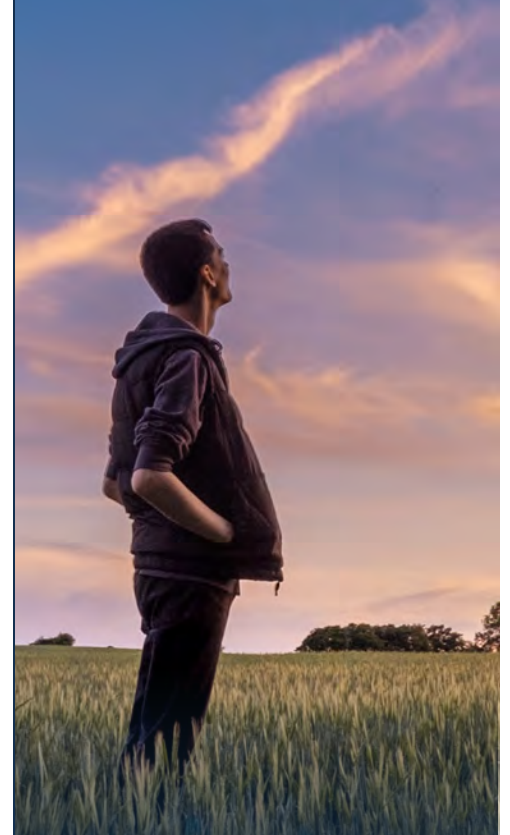
Vitamin D Optimal Dose Monitoring Protocol at Riordan Clinic

For the past 10 years I have been encouraging my Riordan Clinic patients to use vitamin D3 at what I will refer to here as Level 1. I base the safety and efficacy of this dosage level on my 12-year board member tenure at Pure North Synergy Foundation in Calgary, Alberta province, Canada. There over 40 major research studies on the safety and efficacy of high dose D3 have been performed and published. Most everyone on this dose has not gotten the flu during the winter months (this among many other benefits.)

...SO SIMPLE TO DOSE, LOW COST, VERY SAFE, HIGHLY EFFECTIVE AT MITIGATING A WIDE ARRAY OF CHRONIC ILLNESSES; THE ULTIMATE PREVENTATIVE NUTRIENT.

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A FREE LECTURE

THE IMPORTANCE AND SAFETY OF HIGH-DOSE VITAMIN D3



**WEDNESDAY,
OCTOBER 23RD**

Noon - 1pm

@ Wichita Campus

Learn about the benefits, safety, and efficacy of using high dose vitamin D therapy to reverse your autoimmune condition, improve the quality of your sleep, and even help with reversing metabolic syndrome.

Presented by
Ron Hunninghake, MD

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- Benefits discovered over 2,500 years ago
- Found in Egyptian, Roman, and Greek cultures

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- Calming
- Improve brain function
- Promotes healthy skin and hair
- Improves sleep

Uses

- Natural perfume (no chemicals)
- Non-toxic air freshener
- Apply to burns and cuts to promote healing
- Flavor booster to water, tea, and recipes
- Spray on clothing if prone to motion sickness

** If taking prescription medications for sleep-related disorders or depression be cautious that lavender can increase the effectiveness of these meds.*



Jocelyn Pickard is a dedicated volunteer at the Riordan Clinic. Her health journey led her to essential oils 17 years ago. She is an avid learner and has extensive knowledge and training in how to incorporate essential oils into your daily life.

✉ josdugpickard@gmail.com

📷 [@jospickard](https://www.instagram.com/jospickard)

Level 1 dosing of D3 10,000 IU per day always includes 100 mcg of Vitamin K2. Why? The only real risk of these higher intakes of D3 is the development of elevated blood levels of calcium, called hypercalcemia. This condition can damage your kidneys and cause multiple complex symptoms. Vitamin K2 is the body's major calcium regulator. If you are getting enough vitamin K2 (K1 regulates coagulation) then excess calcium will be deposited in your bones and teeth – not in your kidneys or arteries. This is why Riordan brand vitamin D3 at the 10,000 IU level always includes 100 mcg of K2 (mk-7), the best form of K2. I recommend doing a blood test of 25(OH)D3 level annually to make sure you are getting a safe and effective dose at this level of vitamin D.

Level 2 refers to the dosing alluded to in Dr. Somerville's Optimal Dose book mentioned above. He has been prescribing this dose for 8 years to over a thousand patients without side effects. Should you choose this dosage, I recommend you stick with our Riordan Clinic D3:K2 supplement along with biannual D3 blood level testing along with a Chemistry Profile test to monitor serum calcium and creatinine level (kidney function test.) Dr. Somerville's D3 dosing does not include vitamin K2. Taking D3 with K2 at this dosage level adds greater safety.

Level 3 is reserved for seriously ill patients, generally those suffering from severe autoimmune disorders such as MS, muscular dystrophy, or rheumatoid arthritis (RA). Again, D3/K2 is the safer dosage form to take. However, in the much higher levels that are required, physician supervision is paramount! I advise that you go through the Riordan Clinic Real Health Discovery process for new patients to assess for other disease or deficiency factors that need correction prior to instituting Level 3 dosing.

Follow-up D3, serum calcium, and creatinine levels will be required quarterly in the first year, then biannually thereafter. If you are interested in this higher dosing of D3/K2, please carefully read Henriques' book first: How Not to Die with True High-Dose Vitamin D Therapy: Coimbra's Protocol and the Secrets of Safe High-Dose Vitamin D3 and Vitamin K2 Supplementation.

Remember, Dr. Riordan thought D3 was the McPill – only much healthier than the other McFood.



A Chinese Medicine Perspective on Relieving PMS



AUTHOR

Leah Chischilly, MSAC, L.Ac.

If you're like most women, then you have probably grown to expect monthly bouts of bloating, cramping, roller-coaster emotions and general feelings of not-quite-yourself-ness (also known as PMS). Since the cause of PMS is mostly unknown by Western medicine standards, the best we can do is manage the symptoms associated with it. Chinese medicine may offer a different perspective, enabling you to get to the root cause of these symptoms and hopefully stop dreading "that time of the month."

Flow and Balance - A Brief Intro to Chinese Medicine

Health in Chinese medicine is based on the principles of flow and balance. When the Qi and Blood flow freely, the body is in balance, symptoms resolve, and health is restored. Many descriptions of Chinese medicine refer to the concept of Qi as being the life force that flows through an energetic system of Meridians throughout the body. A modern understanding describes Qi as the oxygen that moves through the vascular system in the blood. However you choose to view it, know that a constant, unobstructed flow is necessary to maintain and restore health.

Balance is probably the most recognized theme in Chinese medicine and is represented by the Yin Yang symbol. All things in the body (and the universe) can be divided into Yin and Yang. Yin and Yang are opposites, but also complementary, interdependent, and interconnected. When you have too little or too much of either, problems may occur.

Yin and Yang can be used to describe the condition of the body as a whole, and further applied to the organ systems and their function. Chinese medicine identifies 12 organ systems that each have specific roles within the body. The Yin/Yang aspects of the individual organ systems must be balanced to improve the balance of the body overall. Based on signs and symptoms, your Chinese medicine practitioner can determine which organ system is affected and what aspect of the organ system (Yin or Yang) needs some attention.

Organ Systems and PMS

Remember that Chinese medicine is thousands of years old, so they didn't have the equipment or language to describe the precise function of the individual organs as we do today. Instead, they based their knowledge on what was observable, both in living

and deceased people. What's interesting is that a lot of what they observed correlates very closely to what we can measure with the scientific advances of today. However, they are not exact. So, when I talk about an organ imbalance from a Chinese medicine perspective, it is not a cause for concern. It does not mean you have a serious condition of one of your organs as you or your Western-trained doctor might think of it.

Below are some common Chinese medicine patterns associated with PMS, what they mean, and what you can do about them.



LIVER QI STAGNATION

Recall that health is dependent on flow and balance. The liver, according to Chinese medicine, is responsible for the free flow of Qi throughout the body. Liver Qi stagnation is exactly what it sounds like. The flow of Qi is impeded and therefore symptoms exist. Some of the key differentiating signs of liver qi stagnation are irritability, breast tenderness, bloating.

To prevent Liver Qi stagnation, be sure you are engaging in regular exercise. Additionally, try to minimize your toxic load via the products you use, the foods you eat, and the environment in which you live. Drinking water with lemon in the morning can also help soothe the liver and prevent stagnation.

If left unchecked, Liver Qi stagnation can affect the Yin/Yang balance of the liver. Your symptoms may begin to take on some "heat" or Yang predominant characteristics such as headaches, anxiety, red eyes, and general feelings of agitation. If this happens, then try eating more cooling and water-rich foods such as melon, lettuce, cucumbers, and plain yogurt. Peppermint essential oil can also be an excellent addition to your drinking water to help cool the body.

LIVER BLOOD DEFICIENCY

This condition is more about balance and nourishment. To be "blood deficient" doesn't mean that you are short on your blood supply. Instead, it means that you lack the essential nutrients to nourish the liver and the rest of the body. Some of the key differentiating symptoms of Liver Blood deficiency are depression, fatigue, and short and light periods with a longer cycle.

To prevent Liver Blood deficiency, be sure to eat a well-balanced diet that is especially rich in foods that are red (beets, kidney beans, cherries, grass-fed beef, etc.). Also include foods that are dark green (kale, spinach, beet greens, etc.). Exercise is always

Contact the Editor

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Dr. Anne Zauderer
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important, but if you have any type of blood deficiency, stick to less strenuous forms of exercise such as yoga, Tai Chi, and walking.

SPLEEN AND KIDNEY YANG DEFICIENCY

In Chinese medicine, the spleen and kidneys help support one another's function and both are heavily tied to reproduction, growth, and nourishment of the body. When the Yin/Yang balance in one of these organs is affected, it is likely to disrupt the Yin/Yang balance of the other. If your pre-menstrual symptoms take on more "cold" characteristics, then it may be an indication of a Spleen and Kidney Yang deficiency. Some key differentiating symptoms of this pattern are depression, weepiness, sore back, fatigue, and feeling cold.

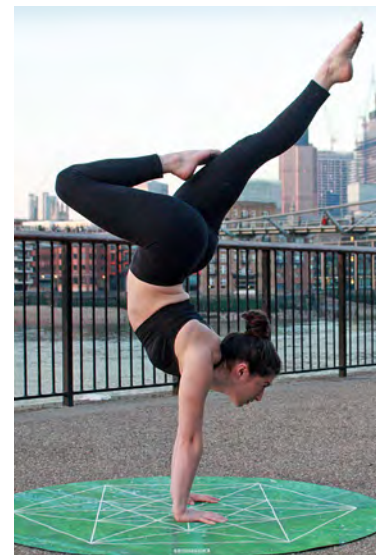
To prevent Spleen and Kidney Yang deficiency, avoid eating too many cold and raw foods (yes, even salads), and limit the intake of dairy products and sweets. Add in warming foods such as peppers, lamb, and spices such as cumin, clove, and paprika.

At the most basic level, you can decrease your symptoms of PMS by working to maintain a balance in the body overall. A healthy diet, regular exercise, proper hydration, and good sleep can go a long way. Regular acupuncture treatments are highly recommended to help you relax, and keep the Qi and Blood flowing as they should.

Please note that this list of patterns and treatment suggestions is not comprehensive. People are different and will have individual needs. It is always best to consult with a licensed acupuncturist to develop a treatment plan that works for you.

Leah Chischilly, MSAc., L.Ac. is a Licensed Acupuncturist and Manager of Clinical Operations at Modern Acupuncture. She helps busy women go from stressed out, in pain and on edge to blissed out, pain-free and on their way to better health. Leah earned her Master's degree in Acupuncture from the Phoenix Institute of Herbal Medicine and Acupuncture and has extensive training in acupuncture for pain and stress management as well as aesthetic acupuncture.

You can find her at:
leahchischilly.com | [@Imchischilly](https://www.instagram.com/Imchischilly) on instagram | [Facebook.com/leahchischilly](https://www.facebook.com/leahchischilly)



Upcoming Events

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

Food as Medicine

Wednesday, September 4th

11:30 am – 1:00 pm @ Wichita Campus

Anne Zauderer, DC

Cost: FREE

This in-depth course will connect all of the classes in the series 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.

Food 101: Nutrition Basics

Wednesday, October 2nd

11:30 am – 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!



September 9 - 13

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📅 Upcoming Events

IVC Academy

October 3-5 @ Wichita Campus

11 CMEs Available | Limited to 60 participants

Cost: \$495 discounted price

The Riordan IVC Protocol for Cancer is well known in the integrative and orthomolecular medicine community and is commonly used as an effective adjunct to conventional oncologic therapy. IVC Academy is the perfect opportunity to step away from your daily schedule and focus on learning how to implement or strengthen the use of IVC in your practice. Learn from the experts who helped research, develop, teach, and use the IVC Protocol every day.

Learn more at ivcandcancer.org

The Importance and Safety of High-Dose Vitamin D3

Wednesday, October 23rd

Noon – 1:00 pm @ Wichita Campus 📺

Ron Hunninghake, MD

Cost: FREE

What if there was a vitamin (that was actually a hormone!) that could reverse your autoimmune condition, improve the quality of your sleep, and even help with reversing metabolic syndrome? Dr. Ron Hunninghake will present the literature that vitamin D can do all of these things. He will discuss the benefits, safety, and efficacy of using vitamin D therapy in high enough doses to achieve the powerful modulating effects on the immune system that can help those with autoimmune conditions. Reserve your spot for this lecture today!

What Real Health Means to Me



AUTHOR

Hugh Riordan, MD

We seek to serve, rather than fix or help.

I want to share an insight about what we are all about. It is a concept of serving which has been delineated by Dr. Rachel Naomi Remen. She hinted at the importance of serving when she spoke at one of our conferences years ago. Since then, it has become a very important orientation that we recognize and embrace here at The Center. Since she first related the importance of serving to me, I am going to be quoting from her.

“The question, ‘How can I help?’ has become meaningful to many people, but perhaps there is a deeper question that we might consider. Perhaps the real question is not, ‘How can I help?’ but ‘How can I serve?’

“Serving is different from helping. Helping is based on inequality. It is not a relationship between equals.

When you help, you use your own strength to help those of lesser strength. If I am attentive to what is going on inside of me when I’m helping, I find that I am always helping someone who is not as strong as I am, who is needier than I am. People feel this inequality. When we help, we may inadvertently take away from people more than we ever give them. We diminish their self-esteem, their sense of worth, integrity, and wholeness.

“When I help, I am very aware of my own strength. But we don’t serve with our strength, we serve with ourselves. We draw from all of our experiences. The wholeness in us serves the wholeness in others and the wholeness in life. The wholeness in you is the same as the wholeness in me.

“Service is a relationship between equals. Helping others incurs debt. When you help someone, they ‘owe you one.’ Serving, like healing, is mutual. There is no debt. I am as served as the person I am serving.

“When I help, I have a feeling of satisfaction. When I serve, I have a feeling of gratitude. These are very different things. Serving is also different from fixing. When I fix a person [which is probably more equal to standard medicine] I perceive them as broken and their brokenness requires me to act. When I fix, I do not see the wholeness in the other person or trust the integrity of life in them. When I serve, I see and trust that wholeness. It is what I am responding to and am collaborating with.

“There is a distance between ourselves and whatever or whomever we are fixing. Fixing is a form of judgement. All judgment creates distance, a disconnection, an experience of difference. In fixing, there

is an inequality of expertise that can easily become a moral distance. We cannot serve at a distance. We can only serve that to which we are profoundly connected, that which we are willing to touch.

“This is Mother Theresa’s basic message: ‘We serve life not because it is broken but because it is holy.’



“If helping is an experience of strength, fixing is an experience of mastery and expertise. Service, on the other hand, is an experience of mystery, surrender, and awe. A fixer has the illusion of being causal. A server knows that he or she is being used and has a willingness to be used in the service of something greater, something essentially unknown. [That’s one reason ever since the beginning, even though someone has a profound result, it has always been my comment that it is either because of or in spite of what we have done because life is very complicated.]

“Fixing and helping are very personal. They are particular, concrete, and specific. We fix and help many different things in our lifetime; but, when we serve, we are always serving the same thing. Everyone who has ever served through the history of time served the same thing. We are servers of wholeness and mystery in life.

“Our service serves us as well as others. That which uses us, strengthens us. Overtime, fixing and helping are draining and very depleting. Overtime, there is a tendency to burn out. Service is renewing. When we serve, our work itself will sustain us. Service rests on the basic premise that the nature of life is sacred, that life is a holy mystery which has an unknown purpose. When we serve, we know that we are part of and belong to life and to that purpose. “Fundamentally, helping, fixing, and service are ways of seeing life. When you help, you see life as weak. When you fix, you see life as broken. When you serve, you see life as a whole.”

And that is what I think we do here in this holistic setting we call The Center for the Improvement of Human Functioning International, The Bright Spot for Health.

Hugh D. Riordan founded the Riordan Clinic (formerly known as the The Center for the Improvement of Human Functioning International) in 1975. Since his passing in 2005, his spirit and mission of service has continued to be woven into the culture of the Riordan Clinic.

Dr. Remen is the author of *Kitchen Table Wisdom: Stories that Heal*, Riverbend Press, 1996. Quotations are from *Noetic Sciences Review*.