

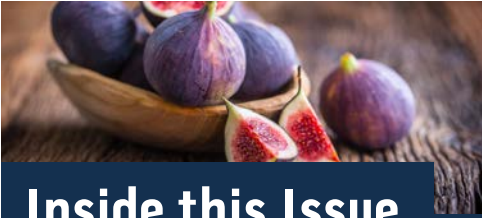


Riordan
Clinic

Health Hunters

January
2020

Vol. 34
No. 1



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Leah's Story: "Part Three: The Follow Up"



AUTHOR

Leah Chischilly, MSAc., L.Ac

The following post was written by a co-learner, and shared with her permission, on her blog at leahchischilly.com.

It's been a few weeks since I had my follow up appointment and I wanted to wait to post about it until I'd spent a little time on the supplement protocol prescribed by Dr. Anne. First, I want to recap my appointment and then tell you what I've experienced since then.

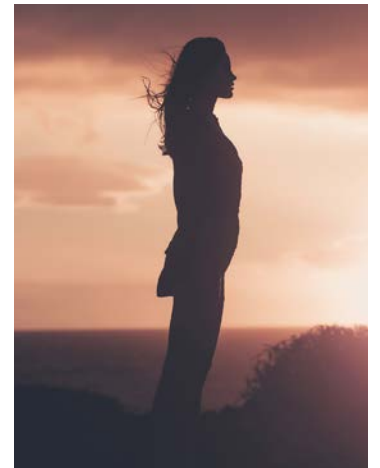
A few days before my follow up appointment day, I received a notification that my lab results were available in my patient portal. I promised myself that I wouldn't try to interpret them, but of course, I couldn't wait to check them out. Remember back when I said they took a lot of blood? Well, now I totally get why because all that blood yielded 12 pages of lab results. Twelve pages, y'all! That's a lot of information from a few vials of blood.

As I mentioned, I didn't try to interpret them myself, but some things were glaringly evident like a vitamin D deficiency (and I was taking a D supplement at the time), So despite my utter lack of daily sunshine, I was a little bit surprised by this one.

When I went in for my visit, Dr. Anne literally went through every single item on the 12 pages. We're talking almost 200 measurements of vitamins, minerals, amino acids, fatty acids, etc.... My head was spinning by the end, but luckily, she sent me home with a guide to help explain the role of each of these things in the body and how to correct imbalances.

Remember that I was going in with no severe symptoms. I did have mild fatigue and got headaches more often than I was used to, but nothing that was a red flag to alert me that there

**NOW IS A GREAT
TIME TO START
FEELING BETTER
– LEAH**



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."

Continued on page 2

“LET ME JUST SAY THAT I AM SO GLAD I GOT THIS DONE.”

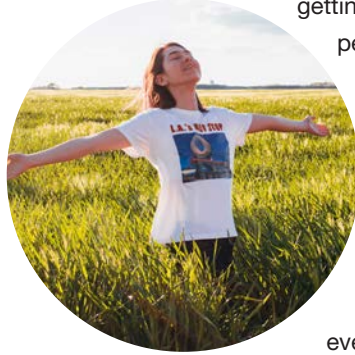
was a significant imbalance. Let me just say that I am SO GLAD I got this done.

Dr. Anne said that functionally my labs looked good, meaning there weren't any serious issues going

on, BUT there were some areas that could potentially become a concern. Namely, my thyroid function. I definitely was not expecting to hear that because aside from occasional fatigue, I had zero symptoms of low thyroid function. This is such a good lesson because often we wait until symptoms arise to seek out help, but in this case, I caught it before it became a problem. This alone was worth the cost of the program. She said that the low thyroid is likely linked to some other key nutrient deficiencies that showed up on my profile so we would try to treat it by supplementing and diet first.

After we went through all of my labs, Dr. Anne gave me a treatment protocol of supplements to take and foods to eat to help address the nutrient deficiencies that showed up. I've been on the protocol for about one month, and I have definitely noticed some positive changes. For starters, my sleep is so much better. I honestly didn't think my sleep was that bad except for the nights that Alex wakes up. Well, sometimes we don't know things are bad until we know what really good feels like. My sleep has definitely changed for the better, I sleep deeper and feel more rested in the morning. This, in turn, has helped my energy levels throughout the day.

I feel more even-keeled. I'm a pretty easygoing person, but I did start to notice that I was super irritable more often than ever before. I definitely feel like my moods have stabilized over the last month. I don't know if it's the supplements or just better sleep, but I will take it!



I'm starting to feel like myself again. I like to think I am a pretty self-aware person, but I honestly did not know how out of balance I was. I thought I knew better, but I had adjusted to a new "normal." A "normal" that included a need for caffeine to get me through the day and wine to wind me down at night. A normal that meant worse-than-ever PMS. A normal that blamed a lot of aches and pains on getting older. A normal that is widely accepted by most people, but isn't really normal at all.

So, If you've caught yourself saying "that's just me," "I've just gotten used to it," or "It must be because I'm getting older," take a moment to reflect and truly ask yourself if you feel as good as you think you should. That is what started this for me. I knew I was busy and tired, but I also knew that with everything I was doing to try to live a healthy lifestyle, I should feel better than I did. And I was right! Don't sell yourself short and settle for being tired all the time, in pain, or just really out of balance. You can and deserve to feel better. I'm sure by now you can tell that I can't say enough good things about the Riordan Clinic. If you are considering some testing or just trying to figure out what is going on inside, I recommend it so highly. (I'm not an affiliate and I don't get paid for referrals, I just really believe in what they do!)

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:

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Overcome Pain with Gentle Yoga

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*Taught by Sarah Cummins,
Certified Pain Care Yoga Instructor*

Using Yoga to Retrain the Brain to Cope with Chronic Pain

AUTHOR



Sarah Cummins,
Certified Pain Care Yoga Instructor

Many who have lived with chronic pain have experienced a seemingly endless quest to find out the cause of the pain, leaving feelings of hopelessness. Physical Therapy researcher Lorimor Moseley defines pain as “a multisystem output that motivates and assists the individual to get out of a situation that the brain concludes is dangerous.” Peter Przekop, a researcher in chronic pain at the Betty Ford Center, defines pain as “any sensation with a negative context in the mind that is holding one from being able to heal.” People with symptoms of depression, negative thinking, and difficulty recognizing and coping with stress are more likely to have chronic pain. Chronic pain expert Neil Pearson, agrees that successful treatment of chronic pain must address the internalized emotions and underlying stressors that hold us captive to the sensations of pain.

The brain is a powerful piece in the puzzle of persistent pain, and yoga is the guide to arranging the pieces through the process of healing. The yoga philosophy states that *dukkha*, or suffering, is a human condition, which is why so many of us seek out this 5000-year-old discipline to find peace within suffering. In yoga, there are five *koshas* or sheaths: the physical body, the energy body, the mental body, the awareness body, and the bliss body.

Through our life experiences, we store these impressions called *samskaras* within these five layers. The *samskaras* – the internalized emotions, perceptions, and thought patterns we hold within – can keep us from living a full life.

Chronic pain is one of the leading health problems facing our Western world. *The Journal of Pain* in 2015 estimated that 25.3 million American adults suffer from chronic pain. Pain is a result of a change in our nervous system, and the good news is we have the power to change how our brain processes persistent pain, with a little understanding of pain science. If a person has problems within the body, he/she will not feel pain, unless

the mind believes they are in danger.¹ The brain only pays attention to what the brain concludes is most important.

Think about your pain on vacation versus your pain at work. Most

of us will describe feeling much less pain when we are sipping a daiquiri on the beach. Or consider having a large bruise, but no recollection of how it got there. Pain is inconsistent, and the onset of pain begins because the brain has concluded there is a threat; like an alarm activating to warn us of damage or encroaching damage.² These alarm responses in the human system are designed to protect and

PAIN IS A RESULT OF A CHANGE IN OUR NERVOUS SYSTEM, AND THE GOOD NEWS IS WE HAVE THE POWER TO CHANGE HOW OUR BRAIN PROCESSES PERSISTENT PAIN, WITH A LITTLE UNDERSTANDING OF PAIN SCIENCE.

heal. Pain is not an accurate indicator of injury or tissue damage, and therefore not an accurate indicator of movement. The perception of pain is a process within the mind. What we perceive

through our senses is not accurate. There are many factors that affect our pain: emotions, thoughts, sensations, experiences, memory, expectations, or the anxiety or attention given to pain.³ These perceptions make up our belief systems, and define our reality. It is through the mind that we create our own private story. Our mind remembers and stores information that helps us to learn and recall the memory later, and is capable of prioritizing or choosing aspects. This perception causes the brain to send a message along the nerve to the spinal cord saying, “danger.”

Within seconds of the incident, the brain receives and analyzes the input to create an experience that may or may not include pain. The mind begins to couple the newly arriving information with the vast amount already stored in the memory to construct a new chapter to the story. Messages that enter the brain get evaluated by the mind, which then makes a judgment and response, thus, perception becomes reality: “I feel pain.”⁴ As these stories are processed, they are perceived and preserved by the mind as actually happening, and are then presented to the physical brain and anatomical body as if they were, in fact, real. Every memory, every experience, is stored in the body, even when the memory is repressed. When we are in pain over an extended period, the pain pathways become dedicated neural pathways of favored and frequent communication of hurt. In essence, we have trained our brain to take uncomfortable sensations, activities, or experiences down the fast lane to pain, the most frequent road of travel.

The nervous system becomes sensitive to the sustained hyper-activity of the endocrine and immune system, leading



KNOW YOUR OILS:

Helichrysum



When dried the flower would retain its fragrance, color and shape almost forever... becoming known as “Everlasting” or “Immortelle”.

Source

- Steam distilled flowers
- Grown in Yugoslavia, France, and Italy

History

- Historically used for asthma, bronchitis, whooping cough, liver ailments, and skin disorders
- Other historical uses include: chelating agent for metals, chemicals, and toxins

Benefits

- Antibacterial, antioxidant, antiviral, and expectorant
- Supports: healthy skin, circulation, and tissue regeneration
- May stop bleeding, improve circulatory functions, gallbladder, hearing, and the respiratory system
- Can be beneficial for varicose veins and scarring

Uses

- Topical application to desired location
- Diffuse for an uplifting experience



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.

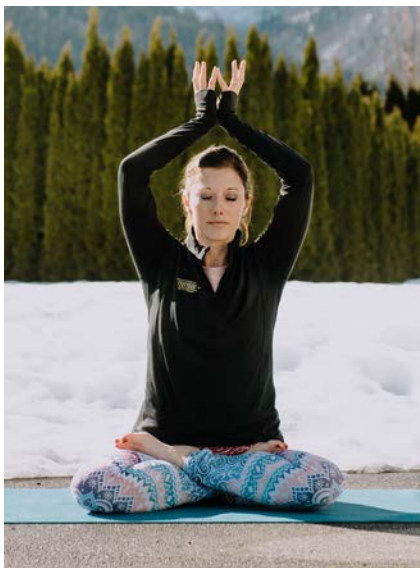
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to other problems including inflammation, bone or joint damage, and/or nerve issues. This sensitized central alarm system creates a repeated cycle. Within this cycle, neurons that have learned to link together in the interpretation of a single input, called pain neurotags, are being constructed whenever you move in a way that you perceive as causing pain.⁵ It is within this chemical process happening in the brain that the mind decides that physical pain is preferable to the emotional issues driving the perceptions. These *samskaras* or impressions within our *koshas*, can prevent us from living a full life. Yoga therapy has been proven to help people find new ways to move that are enjoyable without making the internal alarm activate. As the brain begins to change, so does the heightened sensitivity of the nervous system.



Yoga therapy allows the therapist to tailor the treatment to the client and not the disease, giving them the experience and allowing them to choose what works for them at any given time. As we have likely experienced in the medical model of pain treatment, what works for one, won't necessarily work for another. Treatment must be unique and built to the client's particular habits, thought patterns, and belief system; yoga therapy meets the client where they are. The first step at applying yoga philosophy to the treatment of a person with chronic pain is to identify the threats that are contributing to the pain. Learning how the brain, mind, and body function together to create our own unique pain experience can give the client an explanation and reassurance that their pain *can* change. Instead of avoiding or pushing through the pain, we begin to respect it without fear, and develop a plan for recovery. A yoga therapist can empower the clients to change their thought patterns and begin to adjust the level at which they feel pain. Through mantra or meditation, we can remind ourselves that pain doesn't necessarily mean something is physically wrong. It is in this unconscious level that mind and body communicate. In this state of mental clarity, we can overcome stress from today's chaotic lifestyle by teaching us how to eliminate negative thought patterns, the very thought patterns that create the cycle of persistent pain.⁶

Creating a mindset that can redirect your attention and retrain your brain might be done with a *sankalpa*. A *sankalpa* is a short, positive, present tense statement of intention that is a guide to creating new, pain-free pathways in the brain. With body awareness and



knowledge of how much power the mind has over our being, we can work mindfully in moving the body, finding a baseline for movement and working gradually from that point with patience to progression.⁷ It is the skill of awareness that pulls our attention from pain to the present. The memory of a particular pain may not go away, but the conscious mind can be refocused. The mindset's emphasis should be on observing the personal story, without judgmental or emotional interpretation, and elimination of the perceived physical pain by making peace with it. A yoga therapist uses the physical movements of yoga to adapt functional movements safely to gradually get back to a life you desire. Changing the position in which you perform the exercise, in varying locations

such as in water, a bed, on a chair, or by varying the sensory aspects of the practice with eyes closed or with music playing all can change thought patterns. Simple lifestyle changes can challenge the mind's perception and the movement we once feared, gaining back confidence and trust in our bodies.⁸

"As you think, so you become." We may have developed a pattern of thought that is unhealthy and wreaking havoc on the physical body, but, fortunately for us evidence proves the brain is pliable, the mind is powerful, and new thought patterns can be created through yoga therapy. This can give clients who suffer from chronic pain a new hope. The solution may not be a simple magic pill that makes the pain go away, but instead an understanding of the underlying source of the chronic pain, pain science and the dedication to retraining the brain and its habitual thought patterns, with a little bit of guidance and support from a yoga therapist.

Article contributed by Sarah Cummins, RYT500, E-RYT200, YACEP, YWT, certified Pain Care Yoga teacher, and a C-IAYT yoga therapist in training with Inner Peace Yoga Therapy and ACE Personal Trainer in training. Sarah is a military spouse, currently stationed in Wichita, KS where she teaches yoga and workshops in the area. She has been teaching group yoga classes, workshops, and private sessions since 2014. She passionately believes that humans have the power within to heal themselves and she is honored to teach clients how to use yoga practices to heal from the inside out. She plans to open a retreat and therapy center on her land near Huntsville, AL after military retirement. Learn more about Sarah's group classes, workshops, retreats and individual sessions at waterfallyogall.com.

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Contact the Editor

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



Dr. Anne Zauderer
Editor

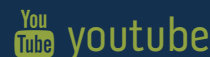
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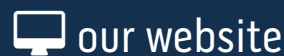
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AUTHOR

Josh Wardini

Vitamins – What’s the Big Deal?

The human body requires certain nutrients in trace quantities in order to combat diseases and stay healthy. These nutrients are called vitamins. Your body can’t manufacture most of the vitamins it needs, so it will have to get them from the food you eat. Well-balanced meals with plenty of leafy vegetables, fruits, and nuts can go a long way to provide the daily requirement of vitamins needed.

Classification of Vitamins and Understanding Their Health Benefits

There are 13 vitamins, classified into two main categories: fat soluble and water soluble. Vitamins that are stored in the fat cells of the body and need fat in order to be absorbed into the body are known as fat-soluble vitamins. This includes vitamins A, D, E, and K.

Vitamins that are not stored in the body but are excreted when in excess are known as water-soluble. When you eat, the body takes the quantity it needs, and the rest is excreted as waste. For this

reason, you need a daily intake of water-soluble vitamins.

Water-soluble vitamins include the vitamin B complex and vitamin C. We won’t go into detail when talking about all the vitamins, their health benefits, and food sources, but we will give you a useful summary. If you’re interested in finding out more, we suggest you visit MedAlertHelp.org and check out their infographic.

VITAMIN A

The major role of this vitamin in the body is to produce retinal. Retinal is used by the body in the cones and rods of the eyes to sense light. Its deficit can lead to night blindness. Vitamin A helps to build a healthy immune system, reproductive system, skin, bones, and teeth. It also helps protect the body against infections.

Food sources include fruits and vegetables that are orange in color, such as carrots, butternut squash, apricot, cantaloupe, sweet potato, and pumpkin. Others are leafy greens such as kale, collard greens, and spinach.

Upcoming Events

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

Alternative Therapies for Chronic Pain Management

Wednesday, January 22nd

Noon – 1:00 pm @ Wichita Campus 

Sara Cummins

Cost: FREE

Sarah Cummins is owner of Waterfall Yoga LLC, and an experienced yoga teacher who empowers individuals to embody their own intuitive ability to be free of physical and emotional pain and to obtain ultimate healing through the holistic practices of yoga therapy. Sarah is a 500 hr registered yoga teacher with over 1600 hours of global teaching experience. She is a certified Pain Care Yoga instructor specializing in empowering clients to self-manage their chronic pain with the education of pain science. She will be discussing and demonstrating alternative, drug-free ways to help manage chronic pain.

Holiday Open House

Wichita: Tues, Jan 28th • 4-7 pm

Hays: Wed, Feb 19th • 5-7 pm

Join us for a Holiday Open House to mix-and-mingle with our staff and doctors, chat with other co-learners, enjoy the season of gratitude, and celebrate the successes of Real Health that you have had this past year. All three events are free and open to the public.

VITAMIN C

This is an antioxidant that may help to avert cell damage and reduce the risk of some types of cancer and heart disease. It is essential in the production of collagen that keeps blood vessels strong and holds the teeth in their sockets. Vitamin C also helps wounds heal, and it helps your body to absorb iron.

Food sources include citrus fruits such as orange and grapefruits. Papaya, brussels sprouts, kiwi, and bell peppers are also good sources of vitamin C.

VITAMIN K

It is an essential vitamin that's proven to improve insulin sensitivity, reduce the risk of cancer, improve heart health, and boost the proper function of the brain. It also enhances proper blood clotting and keeps the bones strong and healthy.

Vitamin K can be found in leafy green vegetables (such as kale, spinach, brussels sprouts), dairy, meat, fermented food, and fruits such as prunes, kiwi, blackberries, blueberries, and pomegranate.

VITAMIN D

It is also referred to as the 'sunshine' vitamin because it is produced when the body is exposed to sunlight. It works with calcium in the body to maintain healthy teeth and bones and helps to prevent cancer, multiple sclerosis, and type 1 diabetes. It also has a beneficial role in the immune system, nervous system, and the brain.

Food sources include fatty fish, fish oils, milk, and eggs.

VITAMIN B COMPLEX

There are 9 vitamins in the B complex, and each of them plays a vital role in different functions of the body. They are essential for the production of red blood cells, energy, and new DNA for the multiplication of cells. They are also needed for the proper function of the brain and for healthy nerves. Likewise, intestinal and cardiovascular health are dependent on vitamin B complex.

Food sources include cabbage, tomatoes, mushrooms, asparagus, lettuce, and beans.

In conclusion, remember that most vitamins cannot be synthesized by the body, and though they are essential for normal metabolism and proper functioning of the body, they are required in limited quantities. However, deficiency of vitamins can cause poor health or specific diseases.

Today, most people live busy lifestyles, and they neglect their nutrition, often opting for fast food and other processed foods that are low in micronutrients. Moreover, most people are unaware that they lack certain vitamins. That is why it is important to regularly check levels and discover deficiencies expeditiously.

To learn more about the vitamins in our food, and how they impact our health, visit our YouTube page to watch the Food as Medicine series presented by Dr. Anne Zauderer.

youtube.com/user/healthhunter1

Upcoming Events

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

Class Series: Overcome Pain Gentle Yoga

Fridays: January 31st, February 7th, 14th, 21st, and 28th

Noon – 1:00 pm @ Wichita Campus

Sara Cummins

Cost: \$80 per participant (for all 5 classes) | Will not be streamed or recorded

Join Sarah Cummins, owner of Waterfall Yoga LLC, and an experienced yoga teacher, for a five-week class series of gentle yoga designed to help individuals overcome pain. Sarah helps to empower individuals to embody their own intuitive ability to be free of physical and emotional pain and to obtain ultimate healing through the holistic practices of yoga therapy. Sarah is a 500 hour registered yoga teacher with over 1600 hours of global teaching experience. She is a certified Pain Care Yoga instructor specializing in empowering clients to self-manage their chronic pain with the education of pain science. She is certified in Functional Movement and a certified ACE Personal Trainer helping people with functional movement issues and concerns as well as a certified Yoga Warriors teacher, teaching yoga to those suffering from post-traumatic stress, traumatic brain injury, and amputations. Classes are limited to the first 15 participants.

Healthy Aging A-Z: Vitamin A



AUTHOR

Gael Wheeler, DO



One of the first changes we may notice as we age is a decrease in visual acuity. Vitamin A is essential for the proper function of the retina of the eye. Inadequate vitamin A can lead to impaired vision, particularly in low light. Vitamin A is also essential for the proper functioning of the immune system and may help prevent development of autoimmunity. In addition, it is an important co-factor in the proper functioning of the thyroid gland. Thyroid dysfunction is common, particularly in older age.

Because vitamin A is a fat soluble vitamin, impaired pancreatic or biliary secretion, common in older adults, can result in deficiency. Cholesterol lowering medications such as cholestyramine, colestipol and orlistat interfere with absorption of fats and can impair absorption of fat soluble vitamins, including vitamin A. Dosing vitamin A must be done carefully, as toxicity can occur at lower doses in older adults. A maximum of 2500 IU vitamin A palmitate plus no more than 2500 additional IU beta carotene is recommended for older individuals. Levels of vitamin A palmitate of 5000 IU are linked to increased risk of hip fracture. Large doses of vitamin A may impair absorption of vitamin K2, a vitamin critical for transporting calcium to bone tissue.

Regular testing and monitoring of an individual's nutritional status of vitamin A is advised in order to assure safety and to truly individualize dosing for each person's unique needs.

Holiday OPEN HOUSE

WICHITA

Tuesday, January 28th
4-7pm

3100 N Hillside Street Wichita, KS 67219

HAYS

Wednesday, February 19th
5-7pm

1010 E 17th Street Hays, KS 67601

RSVP AT [RIORDANCLINIC.ORG/RSVP](https://www.riordanclinic.org/RSVP)