



Riordan  
Clinic

# Health Hunters

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## Expect the Unexpected

45 years (and going!) of patient care at the Riordan Clinic

Riordan Clinic focuses on prevention—getting to the root cause instead of just treating symptoms of illness. Our dedicated team of doctors and staff works closely with people to restore, improve or maintain their health. We listen first, then test and map out a research-based, nutrition-fueled path to well-being. On this path, health is a journey, not a destination.

Our goal is for patients to reclaim their lives and feel their absolute best, empowered with tools and knowledge. Tapping into the body's ability to heal. Strengthening systems. Leveraging evidence-based medicine. Patients benefit from an onsite lab and supplement store, and take advantage of innovative testing models like thermography, Check Your Health panels and a Health Markers program. Chelation, intravenous vitamin therapy, bio-identical hormone replacement and other proven therapies may also be part of an individual's path to well-being.

Many people wonder what to expect when they become a patient at Riordan Clinic. They should expect the unexpected, that is to say, the most positive medical experience they've ever had! Since 1975, the most frequent comment we hear is about our extraordinary patient care. We emphasize "whole" patient care. Our philosophy focuses on addressing the underlying cause/causes of illness, not just the symptoms. We are treating the whole person.

We practice nutrition-based medicine, which seeks to resolve health issues by optimizing vitamin and nutrient levels in the body. Our belief is that a proven nutrition-based remedy is always better than a pharmacologic one. The key is accessing an individual's biochemical status via blood based nutrient testing performed at our on-site laboratory. We test for levels far beyond what mainstream medicine looks at or even considers. The results yield a wealth of information that will set our doctors and patients on a path to optimal health and wellness.

The Clinic's founder and namesake, Dr. Hugh Riordan, was a gifted diagnostician. His diagnostic skills and knowledge have been passed on to our professional medical staff assuring each patient is treated as a unique individual. Our approach provides answers for even the most complex medical issues. We see patients with illnesses ranging from chronic diseases like cancer and fibromyalgia to undiagnosed problems that have been plaguing their quality of life for years.



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."

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## Contact the Editor

Please send any comments or suggestions to

[newseditor@riordanclinic.org](mailto:newseditor@riordanclinic.org).

Thank you for reading.



Erin  
Manning, MBA  
Editor

What should you expect each time you visit our clinic? Exceptional care, respect, honesty, and a feeling of hope and belonging. We hope you will find the answers to questions that have been eluding you for years. You will learn that the symptoms you have are signs of an underlying issue, and we will use all of our resources to get to the bottom of your concerns. Our goal is not to mask the symptoms with a pharmacologic “quick fix,” but rather to find the root cause of the problem and correct it.

People worldwide turn to this special place for individualized, solutions oriented medical support. For many, our centralized, 90-acre campus in Wichita, Kansas launches a vital, new beginning. Find Your Way to Well at Riordan Clinic.

**MISSION** - Leading people to their discovery of Real Health through whole person care, biometric testing, research, and education.

**VISION** - To create a global epidemic of Real Health.

## Connect with Us



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## Health Hunters Newsletter

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## CORE VALUES

### SERVICE

Our commitment is to lead and serve through active listening, attentiveness, proactively engaging co-learners regarding their care, prioritizing the needs of others, and looking for ways that we can implement positive actions to impact overall experience and satisfaction.

### LEARNING

We are a trusted resource for both patients as well as other doctors. We provide information and guidance through research, professional training, and education programs. As a team we commit to continued learning and consideration of new research, therapies, and other resources that improve patient care and experience.

### DISCOVERY

Finding root causes and developing results oriented therapies starts with data. Identifying biochemical individuality through lab testing and developing science-based therapies and programs through research is at the very core of who we are. Our clinical laboratory testing and research programs exist to solve problems and provide clear answers that are used in collaboration with clinic services to provide comprehensive care to all co-learners.

### “WHOLE PERSON” CARE

We seek to identify the underlying causes of illness and correct them using a variety of natural, non-toxic modalities. We are looking for causes beyond symptoms and approach Real Health as more than just disease or sickness care. With confidence, compassion, empathy and kindness, we will seek to identify the underlying cause of illness and work to correct them as co-learners.

### RESPECT

Because we value all people, we will speak and act with professionalism, respect, kindness, empathy, dignity, and integrity to all co-learners, guests, staff, and people in our communities at all times.

## REAL HEALTH IS...

1. Empowering ourselves as co-learners.
2. Correcting measurable dysfunctions.
3. Making food our medicine.
4. Cultivating healthy reserves.
5. Finding the real causes of illness.
6. Adopting better lifestyle choices.
7. Caring for the whole person.
8. Honoring the healing power of nature.

# Healthy Aging A-Z:

## Thiamin (Vitamin B1)



**AUTHOR**

*Gael Wheeler, DO*

Thiamin pyrophosphate (TPP) is the active form of thiamin (Vitamin B1). TPP is an essential cofactor in many enzyme functions including the metabolism of carbohydrates. Alterations in glucose metabolism have been associated with decreased thiamin levels in persons with diabetes. Chronic hyperglycemia in diabetes contributes to damage of the blood vessels in the heart, kidneys, peripheral nervous systems and retina of the eye. A higher daily intake of thiamin has been correlated with better vascular health in diabetes.

Some have called Alzheimer's disease 'diabetes of the brain', as there appears to be impaired metabolism of glucose and insulin in the brain with Alzheimer's disease. Thiamin is critical for memory formation. Thiamin deficiency and decreased thiamin dependent enzyme activity are linked with Alzheimer's disease. Thiamin supplementation has been shown to significantly reverse cognitive impairment in animals with thiamin deficiency but the effect of thiamin supplementation needs to be studied in Alzheimer's disease.

Thiamin may also be helpful in the prevention of cataracts. In a study of 2900 people age 49 and older, those in the highest 5th of thiamin intake were 40% less likely to have cataracts than the lowest 5th of the group. A recent study of 408 women showed a relationship between increased thiamin intake and decreased incidence of cataracts.

Severe thiamin deficiency can lead to impaired cardiac function and congestive heart failure (CHF). The use of the drug furosemide often used in patients with CHF can increase excretion of thiamin, creating a deficiency which can worsen CHF. In one study, CHF patients on furosemide were given thiamin 200mg a day over 6 weeks with an average improvement in left ventricular (heart) function of 22%. Improvement in left ventricular function is associated with improved survival in heart failure patients.

Severe thiamin deficiency can lead to Beriberi, a disease that can attack multiple organ systems including the nervous system. This degree of deficiency is rare in industrialized nations but a variation called Wernicke's encephalopathy is not uncommon with alcoholism. Chronic alcohol abuse impairs thiamin absorption and is the most common cause of thiamin deficiency in developed nations.

Thiamin levels can drop with excessive consumption of foods that contain thiamin degrading enzymes, such as coffee, tea, alcohol and raw fish, though this is rarely a cause of serious thiamin deficiency. It is important to know if your thiamin levels are sufficient to support good health. This is best done by measuring TPP in the red blood cells, though a serum level can be used, with a goal of having a level comfortably in the midrange.

*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.*

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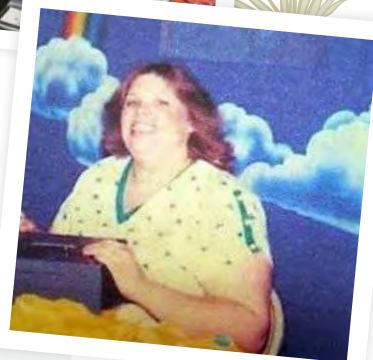


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## Ripple Award, December 2019

*Symbolism has been an important part of Riordan Clinic's story. Dr. Hugh Riordan, our founder, referenced a ripple to represent the influence that one person, or one organization, can have on the world around them. In December the Riordan Clinic was proud to present Donna Kramme with the first Ripple Award for her dedication and impact over the last four decades.*

## In Loving Memory Donna Kramme May 12, 1959 – December 19, 2019

In late December, we lost our friend, mentor, and CEO Donna Kramme. Donna joined the Riordan Clinic team in the summer of 1980. She is most recognized by our co-learners from her time spent in Dome 1 working with scheduling and the supplement store. She especially enjoyed the interactions she had with our patients and guests. Donna's innate ability to make each person that she spoke with feel valued and loved was unsurpassable. Most recently, Donna served as the CEO and worked closely with each member of our staff as well as volunteers. As we reflect on the wonderful memories that we share, we know that many of our recent accomplishments were achieved largely through her leadership. It is her vision that will continue to shape our future at the Riordan Clinic.

Thank you, Donna, for sharing your laughter, friendship, and love. You truly made each of us feel like we were a part of your family. Your loss is felt deeply and we are honored to call you friend.







Donna F. Kramme, age 60, passed away December 19, 2019. Donna was preceded by grandparents, Rudy and Geneva Wilmoth. Survived by her mother, Betty Robertson; husband, Edgar "Ed" Kramme; son, Aaron Kramme; daughter, Amanda (John) Hawkinson; aunt, Linda Gregory; and 3 grandsons, Ewan, Silas, and Asher.

## Broken Chain

by: Ron Tranmer

We little knew that morning that  
God was going to call your name.  
In life we loved you dearly,  
in death we do the same.

It broke our hearts to lose you,  
you did not go alone;  
for part of us went with you  
the day God called you Home.

You left us peaceful memories,  
your love is still our guide;  
and though we cannot see you,  
you are always at our side.

Our family chain is broken,  
and nothing seems the same;  
but as God calls us one by one,  
the chain will link again.







## An Exciting Year Ahead

Our founder, Dr. Hugh Riordan, often asked himself, “Have we been useful?” when assessing the activities of the Riordan Clinic. As we enter our 45th year of existence, I am pleased to report that the mission with which Dr. Riordan founded the clinic is prevalent now more than ever. In 2020 we have plans to expand the reach of our education programs and research studies to pursue new ways to help our co-learners and community.

Several exciting projects are slated as priorities for 2020. We’d love your support in helping to make these goals accessible.



**Groundbreaking research** using continuous IV Vitamin C in the treatment of Cancer.



Launching the **Real Health Podcast** with a goal to air in March on all major streaming platforms.



In September we welcomed **Gael Wheeler, D.O.** to the Overland Park team. We are also planning to add another doctor in the Wichita clinic as a full-time provider in early 2020.



The continuation of the **Health Hunters newsletter, monthly lectures, and other education programs** that reach tens of thousands of people each month, most of which are offered at no charge.

## IVC Research: Developing The Next Generation of Vitamin C Infusions

A primary focus of the Riordan Clinic is on using high dose intravenous Vitamin C (IVC) to treat a wide variety of conditions.

An innovative therapy is being developed at the Riordan Clinic for patients who have cancer. It utilizes a regimen of a continuous infusion of Vitamin C combined with intermittent (bolus) infusions. Continuous infusion is delivered into the bloodstream at a slow, steady rate by a small, lightweight pump. The theory behind the research is that the combination of high and medium dosages will improve the effectiveness of treatment with the suppression of tumor cells.

If the initial research is an indicator, the proposed treatment schedule can prevent the development of the resistance of tumor cells which can occur as a result of intermittent treatments.



## WE NEED YOUR HELP

As a not-for-profit, 501(c)3 organization, support from our donors plays an integral role in Riordan Clinic's mission to provide access to information through research and education programs. Donations fund our monthly Health Hunters newsletter, lectures and classes, research projects, and more. We are thankful for your support in offsetting the cost of these initiatives. Together we are positively affecting the health of people worldwide.

**Because we run on a lean profit model, we also have a couple of capital campaign needs that we are asking for help with funding.**

Our Bio-Center Laboratory has a need for a new **Selectra Pro**

**"IT IS AMAZING WHAT CAN BE ACCOMPLISHED WHEN YOU SEEK OUT AND FIND THE RIGHT EXPERTS TO WORK A PROBLEM. THANK YOU!!" - Warren, Co-Learner**

**XS machine** that allows us to run a handful of our most utilized tests. G6PD, Vitamin B6, Lipid Profiles, CRP High-Sensitivity, and Hemoglobin A1-C all run on this machine.

The full replacement cost is \$30,000. If you've found nutritional testing to be beneficial in your personal Real Health journey, can you partner with us by earmarking a donation for this need?

As we enter our 45th year we know that the mission of spreading health, hope, and healing is more important than ever. And as the world changes and progresses, we must also grow and adapt in order to reach more people. Podcasts have become one of the most utilized tools in learning new information. Did you know that 32% of Americans have listened to a podcast within the past month?

**Simply put - a podcast focusing on educating the general population about Real Health can impact farther and faster than anything we are doing today.**

In order to launch a weekly podcast we will need to secure funding for equipment, training, technical support, and promotion. We have several of the pieces in place, but we need your help. Before we can begin, we need to have \$7,500 in initial funding in place to support start-up costs and the first few months of programming. We estimate the ongoing cost per episode to be near \$500 plus employee time/effort. The recording studio will also be equipped for video as well.



**TO GIVE SECURELY ONLINE, PLEASE VISIT  
[RIORDANCLINIC.ORG/DONATE](https://riordanclinic.org/donate)**

## WHAT CO-LEARNERS ARE SAYING

*"From treating root causes and not just symptoms, to using food as medicine, to treating the whole patient, I believe the Riordan Clinic approach to be the most effective way to generate health." - Kase*

*"I found Riordan Clinic when I googled 'where to go when no one can figure out what's wrong with you'. Best money I ever spent. Riordan Clinic is recognized worldwide for practicing 21st Century medicine." - Sharon*

*"At age 67, I found myself going downhill energy wise. Go to bed tired, get up tired. My doctor wanted me on a statin for high cholesterol and kept saying I was sick because of my sleep apnea. Started treatment at Riordan Clinic when tests showed my levels needed attention. No Vitamin C in my body, and low magnesium. Now 3 months into tests of IV Vitamin C and supplements, I am back on track with energy." - Pam*



**SEE MORE AT:  
[RIORDANCLINIC.ORG/PATIENT-STORIES](https://riordanclinic.org/patient-stories)**

## Upcoming Events

For more information or to register for any of these events, please visit [RiordanClinic.org/events](https://riordanclinic.org/events) or call 316.682.3100

### Holiday Open House

**Hays:** Wed, February 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.

### Women's Fair

Friday, February 21st through  
Sunday, February 23rd  
Century II Expo Hall, Wichita KS  
Tickets & More Information:  
[womensfair.com](https://womensfair.com)

Come visit us at the Women's Fair. We'll be at booth C21.

Check out past lectures on our YouTube Channel:  
[youtube.com/user/healthhunter1](https://youtube.com/user/healthhunter1)

# CHECK YOUR HEALTH

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## WHY TEST?

Check Your Health is an opportunity to measure your individual nutritional status and assess your overall health. Nutrient imbalances have been shown to contribute to a wide variety of chronic illnesses.

**Don't wait until a chronic illness develops, act now while information about prevention can make a difference.**

**SCHEDULE YOUR LAB DRAW: 316.684.7784**

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