



Riordan
Clinic

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Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility in Wichita, Kansas co-founded 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.”

Living in a World on Fire

Imagine sitting in a room as you begin to sweat, feeling your skin get hotter with each passing minute. You look around but see no heat source to extinguish, no quick solution to stop the heat from building up inside of you, nor to prevent the sweat from forming a puddle underneath your chair. Little do you know, the room next door is on fire, scorched in flames, and the fire alarm starts going off. That room has long been cleared out, and the fire department is on its way. You finally understand the reason for the heat, and now the pain.



AUTHOR

Dustin Moffitt, ND



Now imagine this story is your life, every day, but it is not a story at all. In fact, this is the reality for individuals suffering from chronic inflammatory diseases such as Rheumatoid Arthritis. The heat is caused daily by chronic inflammation within the body, and the fire department is no longer arriving to help extinguish the flame as it once did during acute inflammation.

How did we get here? What in our lives changed so drastically that our bodies stopped coming to the rescue, and how do we get that fire alarm working again?

What is Inflammation?

While many have a negative association with the word “inflammation”, it is actually a very crucial process used daily for our body to heal itself from acute trauma, like stubbing a toe on the couch, hammering our finger instead of a nail, or touching a hot stove. Our inflammatory response also encourages heat production, such as fighting off viruses and recycling damaged cells. It is the major balancer within us that keeps the old, damaged, or infectious components out, and helps encourage the development of new, vibrant, and healthy components. The negative associations are the burden of those who either have such high levels of chronic trauma that the inflammatory response doesn’t get a chance to turn off, or individuals whose body no longer has the appropriate tools necessary to balance the inflammatory response.

Inflammation, in its literal definition, is a local response to cellular injury that is marked by capillary dilatation, leukocytic infiltration, redness, heat, and pain that serve as

Continued on page 2

mechanisms initiating the elimination of noxious agents and of damaged tissue. In our analogy, inflammation is the fire alarm. It is the signal within our body that something is off balance, and in need of repair. Furthermore, it is the golden opportunity to get things moving in the right direction.

Inflammation is the primary activator for two major cellular responses: cellular immune response, and the wound healing cascade. Cellular immune response is the process by which viruses, bacteria and foreign bodies are removed from the body. The wound healing cascade is the process by which inflammation helps to rebuild healthy tissue after an area has experienced trauma. While inflammation may activate these two crucial processes, it cannot complete the process without several key ingredients.



Inflammatory Responses

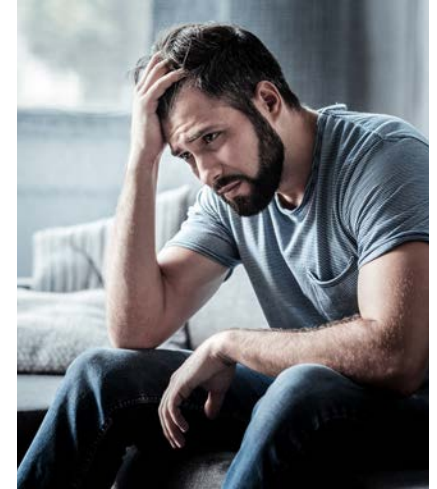
Let's first take a look at the cellular immune response- the system that is responsible for fighting foreign invaders. When a foreign invader enters the body by way of orifices such as vaginal openings, the skin, and the mouth, it is the macrophages that first respond. They activate the innate, or localized, response to the invader by picking up the antigen and tracking down the T & B Cells. The T & B Cells then activate the specific response, which causes a more total body reaction to the invaders. Combined, this system neutralizes the threat, and removes it from the body.

In the wound healing cascade, the body first enters hemostasis where it blocks any additional blood loss. This includes coagulation (blood clotting) where applicable. The second phase is where inflammation comes in to play- the defensive/inflammatory phase. This phase peaks 24-48 hours after an injury, and is responsible for removing any damaged tissue or debris from the injury. The proliferative phase follows, where the wound is filled with new nutrients and covered with new tissue. This may last up to 24 days in acute injuries. The wound healing cascade completes its cycle with maturation, where the new tissue can gain strength and flexibility from surrounding structures, and new collagen is formed.

If the body naturally has these processes for inflammation, how do we get stuck? Well, each process requires a certain essential combination of nutrients, and when those nutrients do not exist, the body gets "stuck" in a phase. For example, new tissue production requires amino acids, vitamin C, and other nutrients. When the body lacks these nutrients, the process simply cannot be completed. Rather than looking at chronic inflammation as an alert that doesn't get turned off, think of it as an alert that doesn't get the attention it needs to be resolved. If we think of our original example, it would be like the fire department showing up without a fire hydrant or fire truck.

A Look at Chronic Inflammation

What does chronic inflammation mean for an individual? It means that the body will be constantly reminded of a long-ago injury that never healed. It may mean pain, inflammation, decreased range of motion, irritability, and lethargy. It can also mean extreme fatigue, headaches, swelling, and sleep disturbances.



Even beyond these primary symptoms, chronic inflammation can be secondary diseases. A secondary disease is one that is caused by a primary disease, in this case- chronic inflammation that typically would not have formed if it were not for the primary disease. For individuals with chronic inflammation, this can mean-

- Diabetes
- Heart disease
- Asthma
- Rheumatoid arthritis
- Multiple sclerosis
- Ulcerative colitis
- Cancer
- Periodontitis
- Thyroid disease
- Auto immune diseases
- Fibromyalgia

The Big Question: How Do We Avoid Chronic Inflammation?

1. **Prevent the trauma** and damage that starts the inflammatory cycle

2. **Make sure the body has the nutrients it needs** to complete the cycles if and when they are activated.

Avoiding inflammatory foods such as excessive carbohydrates and fats, meeting exercise recommendations set forth by the American Heart Association, and eating a diet rich in whole foods, is a great place to start.

Comprehensive nutrient panels such as the **Real Health Discovery Profile** or the **Inflammation Profile** will help discover pre-existing conditions and nutrient deficiencies before they become problematic.



Furthermore, supporting the body's natural inflammatory response with herbs such as Turmeric and Boswellia, and supplements such as collagen and fish oil, will help ensure that the body is ready to go in times of need.

Is it Too Late?

Some patients find their physicians saying it is too late when they have been diagnosed with primary inflammatory diseases such as Rheumatoid Arthritis and Fibromyalgia, leading to a lifelong journey of pharmaceutical bandages. At the Riordan Clinic we find that removing the toxins, adding the nutrients, and reminding the body of its own innate ability to heal itself is just what our doctors are ordering.

If you are concerned with your primary inflammatory diagnosis, or preventing secondary diseases as mentioned above, we can help. **Call us at 800.447.7276 to begin your journey to Real Health.**

Inflammation Profile

ON SALE FOR THE MONTH OF JUNE

~~\$638~~
\$415

Inflammation is part of our normal immune system's response to threat or injury. Without inflammation, wounds would not heal and infections would become fatal. But if inflammation occurs when not needed or becomes chronic it can lead to disease states such as diabetes, cardiovascular disease, autoimmune and neurological diseases and more. Persistent, low level inflammation throughout the body can be detected by an increase in inflammatory markers such as C-reactive protein (CRP) in the blood.

Chronic inflammation can be a response to increased levels of oxidative stress in the body. Antioxidant defense is essential to limit damage due to excess free radical production. Antioxidant deficiencies with excess free radical production can lead to various forms of inflammatory diseases. Antioxidants such as vitamins A,C and E can be measured to assure adequate amounts.

Healthy fats can also fight excess inflammation and can be measured by lab work to assure adequate levels. High blood sugar, as indicated by elevated HgbA1C, also fuels inflammation and is an important piece of the puzzle in assuring control over chronic inflammation. Chronic inflammation is often asymptomatic, yet over time can result in devastating disease processes. At Riordan Clinic, we have designed a panel to directly address the physiological factors involved in the process of chronic inflammation and our defenses. This can be a valuable tool in your proactive strategy to avoid a future of chronic disease.

TESTS INCLUDED:

Vitamin A	<i>Alpha linolenic acid (ALA)</i>	<i>Stearic acid</i>
Vitamin C	<i>Total Omega 6</i>	<i>Total Saturated fatty acids</i>
Vitamin D	<i>Eicosapentaenoic acid (EPA)</i>	<i>Unsaturated to saturated fatty acid ratio</i>
Vitamin E	<i>Docosahexaenoic acid (DHA)</i>	<i>Elaitic(C-18)</i>
Fatty Acids:	<i>Total Omega 3</i>	C-Reactive Protein
<i>Linoleic acid (LA)</i>	<i>Arachidonic acid to EPA ratio</i>	Hemoglobin A1c
<i>Gamma linolenic (GLA)</i>	<i>Oleic acid (OA)</i>	Urine Vitamin C
<i>Dihomogammalinolenic acid (DGLA)</i>	<i>Total Monounsaturated fatty acids</i>	Potassium/Sodium Ratio
<i>Arachidonic acid</i>	<i>Palmitic acid</i>	

Contact the Editor

Please send any comments or suggestions to

newseditor@riordanclinic.org.

Thank you for reading.



Erin Manning, MBA
Editor

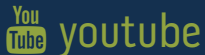
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Novel Treatment for Inflammation and Autoimmunity: Low Dose Naltrexone (LDN)

What if we had a therapy that is effective, nontoxic, and affordable, to address inflammation and autoimmune conditions? We may have the answer with a novel use of the drug Naltrexone.

This medication was synthesized in 1963 as an opioid receptor antagonist, meaning it blocks opioid receptors. It was approved in 1984 for the treatment of opioid addiction at a typical daily dose of 50-100 mg.

Low Dose Naltrexone (LDN) refers to doses of the drug Naltrexone that are 1/10th or less than the typical opioid addiction treatment dose. Taken at bedtime at the low dose level of 1.5-4.5 mg, LDN has paradoxical properties including: analgesic, immune-modulating, and anti-inflammatory effects, which are not seen at higher doses. LDN has been used clinically since the 1980's. The first published human trial was presented in 2007, demonstrating the effectiveness of LDN in patients with fibromyalgia. At the end of the study over half of the patients receiving LDN reported feeling "much improved" or "very much improved."

In theory, LDN works by a couple of mechanisms of action. First, LDN increases the amount of endorphins made by the body, by briefly blocking opioid receptors during the time of sleep when opioids are normally their highest. This triggers the body to upregulate production of endogenous opioids (endorphins) and opioid receptors. Endorphins play a role in immune modulation. It has been noted that persons with fibromyalgia typically have lower endorphin levels, and this may partially explain why LDN often helps reduce the symptoms of fibromyalgia.

Second, LDN has been shown to have neuroprotective effects by inhibiting excessive activation of microglia in the brain and spinal cord. Microglia are central nervous system immune cells that, once activated, produce inflammatory factors that can cause pain sensitivity, fatigue, cognitive disruption, sleep and mood disorders and general malaise. When chronically activated, the resulting inflammation can become neurotoxic. By suppressing excessive microglial activation, LDN reduces the production of free radicals and other neurotoxic chemicals. The analgesic, anti-inflammatory and neuroprotective effects of LDN do not appear to be related only to actions on opioid receptors.



AUTHOR

Gael Wheeler, DO



WITH ITS RECORD OF EFFICACY IN ADDRESSING AUTOIMMUNE AND INFLAMMATORY CONDITIONS, AND ITS LOW SIDE EFFECT PROFILE, LDN IS A GOOD ADDITION TO THE TOOLKIT TO TREAT THESE CONDITIONS.

Another interesting effect of opioid-blocking therapies is their role in modulating cell growth related to pathological states such as cancer. Inhibition of cancer cell proliferation by LDN was first noted in 1981 with the first full reports published in 1983. A series of studies have found LDN to be a useful adjunct in the treatment of breast and pancreatic cancers. The multiple actions of LDN on inflammation and the immune system also open the door to the potential treatment of diseases of neurodegeneration and diseases of the immune system such as HIV/AIDS.

Other chronic conditions have been observed to improve with LDN's anti-inflammatory and immune-modulating properties, including Crohn's disease, Hashimoto's autoimmune thyroid disease, multiple sclerosis (MS), rheumatoid arthritis, and more. Most of the published studies have used a dose of 4-4.5 mg, though some patients prefer starting at a lower dose. A minimum of two months on LDN is needed to achieve efficacy.

LDN has virtually no side effects. Some patients note more vivid dreams on starting the therapy but this tends to normalize in a few weeks. There are no reports of LDN interactions with other medications, though in theory LDN could potentially block the action of opioid medications, reducing the effectiveness of these medications. No cases of severe side effects have been reported with LDN and there are no withdrawal symptoms when LDN is stopped. The cessation of LDN usually results in a slow return of symptoms to where they were before starting the therapy.



LDN does not have any euphoric effects and does not cause dependence or addiction. Studies have not shown any toxicity with chronic use. Naltrexone is a generic drug and so is low cost. It must be compounded to achieve a low dose and is usually not covered by insurance. While pricing can vary by region, LDN is usually considerably lower than most medications.

With its record of efficacy in addressing autoimmune and inflammatory conditions, and its low side effect profile, LDN is a good addition to the toolkit to treat these conditions. It is, however, not a magic bullet and is best used alongside nutritional and lifestyle changes, in order to truly move toward a better balance of health.

Board-certified in Osteopathic Family Practice and in Holistic Medicine, Dr. Gael Wheeler focuses on empowering patients to create a path to optimal health. Dr. Wheeler is currently accepting new patients at the Riordan Clinic, Overland Park location.

To schedule an appointment with her, please call 316-682-3100.

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*with Dr. Ron Hunninghake
and Lucas Tims, ND FABNO*



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*with Dr. Ron Hunninghake
and Gael Wheeler, DO*



Coping with Stress

*with Dr. Ron Hunninghake
and Gael Wheeler, DO*

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RIORDAN CLINIC NUTRIENT STORE

HIGHLIGHTED
PRODUCTS



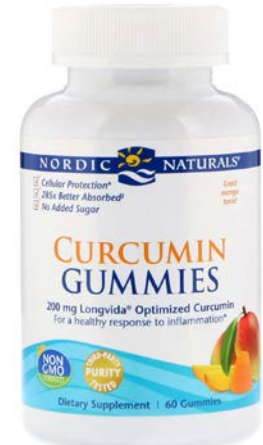
Omega 820

Omega-3 fatty acids are required for a number of body functions, from proper blood flow to brain development; these long chain fatty acids are integral components of tissues and organ systems throughout the body, including the heart, skin, joints, eyes and immune system.



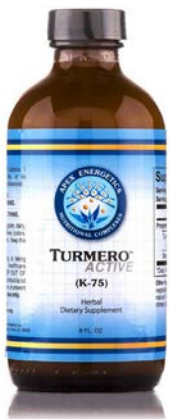
Turmeric Supreme

This dietary supplement could exhibit antioxidant powers, improve liver and joint health, support heart health, and protect the brain. Curcumin might potentially neutralize free radicals in joints, thereby providing relief from joint pain, swelling and stiffness. It could protect cellular DNA from damage.



Curcumin Gummies

Curcumin Gummies promotes a healthy response to inflammation while helping address metabolic stress in cells, organs, and tissues throughout the body. Curcumin is a natural antioxidant derived from the root of the turmeric plant that provides unique antioxidant support.



Turmero

Turmero™ Active is an emulsified micronized formulation that delivers a concentrated source of curcuminoids combined with black pepper extract in a pleasant-tasting liquid.



Infla-kine

Infla-Kine is an innovative, proprietary blend to target inflammation.



Comfort Balm

Restorative Botanicals' Comfort Balm provides fast acting, warming relief with a spectrum of naturally occurring cannabinoids extracted from certified Colorado grown Hemp, Arnica Extract and 7 Essential Oils.



Collagen Protein

Upgraded Collagen has amino acids glycine, lysine and proline which are the building blocks your body uses to make muscles, bones, and joints.

“Rheumatoid Arthritis Does Not Define Me”



AUTHOR

Erin Manning, MBA

My journey with Rheumatoid Arthritis had a sudden start. The stiffness I felt in the pointer-finger on my right hand immediately sent up red flags that something was wrong. It wasn't just that it was stiff, it's that it actually hurt. And soon after, my thumb followed suit. This was in October of 2016, at the age of 38. The discomfort and lack of mobility continued to worsen so I scheduled an appointment with my primary care doctor. Through an exam and blood work he began to confirm what I feared: arthritis. He referred me to a rheumatologist and advised using Tylenol to address the pain until I could get in to see her. She was scheduled out six months! I made my appointment and had them add me to the cancellation list.



The symptoms and pain worsened. By December I was in so much pain that I was struggling to do even everyday tasks like getting dressed or preparing meals. Walking up the stairs to my office left me in tears. I hurt every day. I cried almost every day. Things were progressing so quickly!

Thankfully, the rheumatologist was able to see me in mid-December. At this appointment she confirmed that I had Rheumatoid Arthritis and that it was progressing unusually fast, especially for someone still in their 30s! At that appointment we started our treatment plan. It was also the day I committed to not rely solely on traditional medicine, with all of the undesirable side-effects to the medication, and advocate for my own health through education and natural therapies.

Over the last three years I've learned so much. I am thankful to have my arthritis well managed without having to add additional prescription medications or lose any daily mobility. My joints are not showing any signs of long term damage and most days are pain or discomfort free. It's still something I think about and am aware of every day. I'm not without symptoms or effects. My fingers are starting to slightly curve, I have had a few nodes form, and there are days – especially during Kansas storms! – where the pain is still

very prevalent. But overall, I'm healthy, strong, and doing well. I'm especially thankful that I have kept my immune system strong and healthy! I rarely get sick and I'm full of energy.

My disease does not define me.

HERE ARE SOME OF THE THINGS THAT HAVE HELPED ME THE MOST:



Partnering with a rheumatologist

who listens to my concerns, is open to the alternative methods and natural practices that I am choosing, and that supports me because she knows that I am making an informed decision for my own health. I keep my appointments with her faithfully. I seek her advice and

opinion and I genuinely consider her recommendations. I do my own research and I've declined some of the treatment options that she has recommended but I have adopted just as many. I am incredibly thankful to have her guidance and expertise.



Partnering with a naturopathic clinic.

In my case, that's the Riordan Clinic. Full disclosure – I work here. I've been fortunate enough to be on staff since 2013 and have seen our doctors, lab, and medical staff do amazing things. I would consider my own health journey to be one of them. The Riordan Clinic is the reason

why I knew to advocate for myself, educate myself, and demand more than just addressing symptoms.



Diet and lifestyle changes.

I can't say this loudly enough: sugar feeds inflammation. Inflammation is a source of many problems, not just arthritis. The inflammation that I'm talking about is inflammation in the cells, not just the inflammation we can see in our joints and swelling our skin. This kind of inflammation is what damages us. The

more I cut out and stay away from refined sugars, the better I feel and the less pain and joint issues I have. Movement and exercise is also really important. Sitting at a desk all day can leave me stiff and hurting. Getting up and walking around throughout the day makes a huge difference! Setting a timer to remind me to get my steps in has been a useful tool. Finally, drinking adequate amounts of water each day also makes a noticeable difference!



Supplements are also a large part of my daily routine.

- *Omega 820*, a fish oil capsule that has both EPA and DHA, makes a noticeable difference in reducing inflammation. It's also really good for my heart health, which RA can be hard on.
- *Turmeric* helps with reducing pain and swelling. I take a capsule each day called Turmeric Supreme and I use a turmeric gummies for acute issues, typically when my hands are aching from typing too much, for example.
- *Vitamin C*, which seems to be good for just about everything, helps reduce inflammation as well. And it helps keep my immune system strong which is great considering the one prescription I do take actually weakens my immune system in the process.
- *Vitamin D* is another one of those vitamins that seems to help with everything but particularly in this situation.



Prescription Medications do play a role in my treatment plan. I take one prescription medication that my rheumatologist prescribed. When I first started taking it she said to expect to add more prescriptions and to have to increase my dose or change to stronger medications as my disease advanced. Over three years later, I'm on the

same medication, same dose. I think that says a lot for how well the other things I'm doing are working.

One other prescription I take is Low Dose Naltrexone. Dr. Gael Wheeler, our Integrative Medicine specialist, has written a comprehensive article on this subject and so I will refer to that for a full explanation. For me, LDN has been a game changer. After years of my RA being under control, adding LDN this past October took that even one step further. I hurt even less often than before and I have experienced an increased range of motion.

I hope that you find this information helpful. In my experience, Rheumatoid Arthritis is an ugly, cruel disease. It has been hard for me to wrap my mind around the fact that I will have to deal with it every day for the rest of my life. But I'm thankful that I have a strong support system around me that has taught me not only to fight for my health, but to be an active participant in it. I know that each little decision I've made along the way, and each piece of information I learn, means success in the future. To me, that's what REAL HEALTH means.

**Please note that this is written from a patient perspective. This is my personal experience and understanding. For more questions, I encourage you to reach out and schedule a time to meet with one of our providers to start your own journey. 800.447.7276*

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