



Riordan  
Clinic

# Health Hunters

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## Anti-Aging from the Inside Out: An Introduction to NAD+



### AUTHOR

*Mike Shaw, PA-C, ABAAHP*

Nicotinamide Adenine Dinucleotide, or NAD+ for short, is a coenzyme found inside every cell in the body. This “helper molecule” acts as fuel for several vital functions, including repairing damaged DNA and maintaining the length of our telomeres. It is also required for energy production in every cell, tissue, and organ in the body. When NAD+ levels and energy production decline, we begin to lose the functionality of our vital organs. Low NAD+ levels may be linked to chronic conditions such as heart disease, diabetes, Alzheimer’s, and even vision loss.



Much like our hormones, NAD+ declines as we age. However, it isn’t clear if the decline results from an increased need for NAD+ in our later years, and our standard production can’t keep up or if our production of NAD+ decreases. Research is still being conducted. NAD+ stores also take a hit when they are met with chronic inflammation or illness, two things that are also very common as we age.

**THOSE WHO ARE AGING, SUFFERING FROM CHRONIC ILLNESS, OR ARE UNDER A LOT OF STRESS SHOULD CERTAINLY CONSIDER NAD+ THERAPIES.**

### Can NAD+ be replenished?

In short, yes. There are a few things you can do to help maintain or replenish NAD+ in the body. It is important to note that NAD+ is converted from Vitamin B3 (niacin). So, a diet rich in foods that contain Vitamin B3 is always helpful.

Supplementing B3 is an option as well, but you may be familiar with the “niacin flush,” a reddening of the skin accompanied by a burning or itching sensation that can happen when you get too much. Although niacin flush is harmless, it is often a reason people stop taking vitamin B3 supplements.

*Continued on page 2*



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.”

# Foods Rich in Vitamin B3



Liver



Chicken Breast



Tuna



Turkey



Salmon



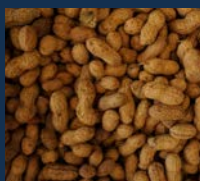
Anchovies



Pork



Ground Beef



Peanuts



Avocado



Mushrooms



Peas



Potatoes

## NICOTINAMIDE RIBOSIDE HAS BEEN A PART OF MY SUPPLEMENT REGIMEN FOR OVER 5 YEARS, AND I AM A FIRM BELIEVER IN ITS BENEFITS.

You are probably wondering if you can just supplement NAD+ itself. Oral administration of NAD+ does not carry the same benefits as other methods. Taking supplements involves them passing through the digestive tract before they can be absorbed into the bloodstream. With NAD+ in particular, the amount leftover after digestive processes is not enough to render significant benefits. However, you can supplement with an NAD+ precursor that enables the body to produce more.

There are other options that I would particularly like to highlight as they are a more effective (and more comfortable) approach to boosting NAD+ production.

### SUPPLEMENTING WITH NICOTINAMIDE RIBOSIDE

The first option is supplementing with Nicotinamide Riboside.

Nicotinamide Riboside is another building block for NAD+ and is an alternative form of Vitamin B3.

Research shows that Nicotinamide Riboside is easily converted to NAD+ and higher doses can be taken without the flushing effect of niacin. The benefit of supplements is that they are affordable and can be easily added to your daily regimen.



### TRU NIAGEN®

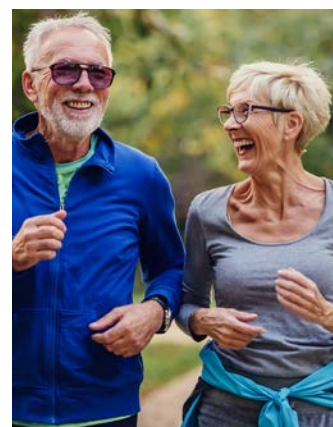
*Nicotinamide Riboside Supplement*  
For more information and to order please call - 800-447-7276

### TRANSDERMAL NAD+ PATCHES

Transdermal patches provide a non-invasive, higher dose administration of NAD+ by absorbing it through the skin. The benefit of the patch is that it can be worn during everyday activities and doesn't require toting around an IV. This is a lot more convenient for people who don't have time for office visits. However, doses are lower than that of IV NAD+.

### INTRAVENOUS NAD+

As you probably expected, this is the most effective way to maintain and replenish NAD+ in the body. It allows for higher doses and optimal absorption. IV drips must be administered slowly to help mitigate any feelings of nausea or wooziness that can sometimes occur with NAD+. Therefore, IV's can take anywhere from 90 minutes to three hours. This may not be a viable option for very busy people. IV's are also more costly than patches or supplements.



## Who can benefit from NAD+ therapies?

Nearly anyone can benefit from either taking supplements to enhance NAD+ production or receiving NAD+ via IV or patch. Those who are aging, suffering from chronic illness, or are under a lot of stress should certainly consider it.

Studies show that higher levels of NAD+ support muscle health. People involved in competitive athletics or extreme exercise may notice a difference in performance and quicker recovery after increasing their NAD+.

Since NAD+ along with ATP are required for energy production, lower levels may manifest as fatigue and low energy. If this is one of your major symptoms, then NAD+ enhancement may be an excellent place to start.



## What can I expect after treatments or supplements?

As with most treatments, results are cumulative and require regular visits or consistent supplementation. However, many people report having more energy and a general feeling of well-being after their first IV treatment.

My patients who have used the Nicotinamide Riboside supplements reported positive changes in their energy levels within 4-6 weeks. Of course, results will vary from person to person. Nicotinamide Riboside has been a part of my supplement regimen for over 5 years, and I am a firm believer in its benefits.

**Nicotinamide Riboside supplements are currently available in the Riordan Clinic Nutrient Store. IV NAD+ will be available in Wichita beginning in December 2020. Call 316-682-3100 to be placed on the waitlist.**

### PROVIDER SPOTLIGHT

## Mike Shaw, PA-C, ABAAHP Physician's Assistant

Mike is a graduate of Wichita State University with an Associate of Arts in Respiratory Therapy and Bachelor of Health Science as a Physician's Assistant. He served as a clinical director and assistant administrator at Susan B. Allen Memorial Hospital in El Dorado, KS. He was also the founder of Optimal Functioning Inc. Life Center, a flagship wellness clinic in Wichita.

Through his growth and understanding in the field, Shaw implemented the same preventative medicine and wellness concepts in two athletic facilities in Wichita; The Club Olympiad and Wichita Workout and Racquetball Club. In January of 1994, Mike joined the Cardiology staff at Galichia Medical Group. He later founded Age Reversal Technologies in Wichita.

Mike has been a member of the Riordan Clinic team since 2017, working directly with Dr. Ron Hunninghake

As Dr. Ron's Physician's Assistant, Mike is here to help patients manage day-to-day symptoms, review lab results, evaluate supplement protocols, and to provide follow-up care. Dr. Ron and Mike Shaw work hand-in-hand on patient care, providing co-learners with over three decades of functional and integrative medicine expertise.

## New to the Riordan Clinic?

Mike Shaw also sees patients independently, specializing in:

- Assessment of physiological age, and rate of change, of the body's major organ systems
- Improved heart health and function and blood pressure management
- Bioidentical Hormone Replacement therapy
- Non-surgical, advanced medical weight loss



**Mike Shaw is accepting new patients!**

**Call us to schedule an appointment: 316-682-3100**

*Mike Shaw is a licensed provider for Medicare. Ask us for more details.*

### WHAT PATIENTS ARE SAYING

*"I especially love the amount of time Mike Shaw takes to explain lab results and love his passion for his work!"*

*"Mike Shaw is a very thorough PA. I appreciate the time taken to go over my lab results."*



# Hydrogen Water - A simple habit for better health



**AUTHOR**

*Mike Shaw, PA-C, ABAHP*

Hydrogen is the most abundant molecule on the planet. If it weren't for hydrogen and oxygen, life would cease to exist because hydrogen and oxygen form water and we rely on water to survive. I have been interested in hydrogen because of its ability to act as a free radical scavenger.



## Free Radicals and Oxidative Stress

A free radical results when an oxygen molecule splits, leaving two separate atoms that have unpaired electrons. The electrons that are unpaired seek out other electrons so they can once again become a pair. This can start a cascade of destabilizing other molecules, creating even more free-radicals. This process creates inflammation and can eventually damage cells, proteins, and even DNA.

The overabundance of free radicals and resulting damage are called oxidative stress. Oxidative stress has been linked to many conditions such as cardiovascular disease, certain cancers, and chronic inflammatory conditions like arthritis and lupus. There is one theory that suggests that aging is the result of free radical damage over time.

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**ANYTHING THAT CAN SQUELCH THE FREE RADICAL BOMBARDMENT THAT CAUSES INFLAMMATION CAN HAVE A POSITIVE IMPACT ON YOUR HEALTH.**

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## Protection against oxidative stress

Free radicals are a normal part of living. They are the natural byproducts of many chemical reactions in the body. Any organism that breathes, moves, or digests food, uses oxygen for combustion and produces free radicals. However, there are certain foods, chemicals, and activities that increase the production of free radicals

and lead to greater oxidative stress. Consumption of fried foods, alcohol, smoking, air pollution, pesticides, and even intense exercise can increase the production of free radicals. While you may be able to avoid some of these things, others might just be a result of the environment that you live in.

The good news is that there are things you can do to help protect yourself from oxidative stress. One of those things is the daily consumption of "hydrogen water."

## What is Hydrogen Water?

Hydrogen (H<sub>2</sub>) is now available in an oral form tablet that uses a proprietary blend of magnesium. You place the tablet in water and it releases billions of hydrogen ions and saturates the water. When you drink the water, the hydrogen enters the blood and will seek out the unpaired oxygen molecules (free radicals) and latch onto them. When the hydrogen and oxygen join forces, water is formed and your body is able to excrete it as it normally would. Drinking hydrogen water daily helps prevent oxidative stress and may even reverse cellular aging.



There are so many different inflammation linked issues that decrease our lifespan and accelerate the onset of disease. Anything that can squelch the free radical bombardment that causes inflammation can have a positive impact on your health. Drinking hydrogen water is something that requires little effort and can easily be incorporated into your life.



**AVAILABLE  
IN THE  
NUTRIENT  
STORE**

### **H2 ELITE**

*from Quicksilver Scientific Molecular Hydrogen Tablets*

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# Your physiological age may be different than your chronological age



PHYSIOAGE®

**The first step to aging well is knowing how well you are aging. You may be 50 years old, but your PhysioAge could be 40 – or well over 60!**

Depending on lifestyle, genetics, and many other factors, your physiological age may be significantly higher or lower than your chronological age. The PhysioAge program measures how well you are really aging.

By comparing your body's indicators with those of healthy peers, PhysioAge can help you determine what therapies may help slow or sometimes even reverse the aging process. Over time, it shows how well these therapies are working.

PhysioAge is based on years of solid scientific research. And is at the cutting edge of the growing medical subspecialty of anti-aging. Designed in accordance with the American Academy of Anti-Aging Medicine objectives, PhysioAge helps patients and their healthcare providers optimize the human aging process, so they can live healthier at every age.



## The Next-Generation Physical Exam

PhysioAge begins with a sophisticated physical exam performed by your healthcare provider with specialized high-tech equipment. It includes up to 15 test suites—many of which are newly-developed or perfected tests you may not have had before.

The results give your physiological age in six important systems in your body – heart, skin, lungs, brain, DNA, and immune system – as well as a report card on lab values and many other important measures of health.

Unlike traditional sick-based medicine, the PhysioAge next-generation physical is proactive. It not only shows where disease is now but also where there is potential for it to develop in the future. You'll find out now while you still have time to do something about it.

## Your PhysioAge is a weighted average of these biomarkers of aging:



### CardioAge® – Arterial Stiffness

Evaluates cardiovascular risk by measuring blood pressure at the heart to determine the suppleness of your arteries.



### CutoAge® – Skin Elasticity

Assesses the elasticity, firmness, and resistance of the skin with the same instrument used in numerous clinical trials for skin care products.



### PulmoAge® – Lung Function

Measures lung function, which is linked to many fatal diseases, not just lung disease.



### NeuroAge® – Brain Function

Assesses brain aging through a series of computerized tests focused on age-sensitive aspects of cognitive function.



### TelomerAge® – Telomere Length

Measures telomere lengths – caps at the ends of your DNA that shorten with every cell division – to indicate how fast your cells are aging.



### ImmunoAge® – Immune Function

Uses an advanced blood test to measure the strength of your immune system.

## What's your PhysioAge?

Your PhysioAge is an average of six biomarkers that can reliably and accurately measure the human body's aging process. A higher number means you're aging faster than your healthy peers. A lower number means you're aging better.

Continued on page 6

# How to Prepare for your PhysioAge® Next Generation Physical Exam

## 24 HOURS BEFORE



No strenuous activity  
(such as working out)

No alcoholic beverages

## 12 HOURS BEFORE



No food or drinks (other than water)  
for at least 12 hours before  
your appointment

Stay hydrated, drink plenty of water

## DAY OF APPOINTMENT



**MEN** – shave your chest.

Otherwise, this will be done at the start  
of your appointment

**WOMEN** – can opt to wear a  
button up shirt

Wear gym apparel  
(tennis shoes/shorts/sports bra)

Bring a change of clothes in case you  
get sweaty

Plan on being at the clinic for  
about 3 ½ hours.

## YOUR PERSONAL DASHBOARD

Traditional physicals often fail to deliver contextual data about your aging. PhysioAge includes a web-based dashboard that consolidates biomarkers, labs, and other results in one place to help you and your provider better understand your health and track it over time.

You can browse your results, review treatment recommendations, and download a full PDF report in your secure Patient Portal from any device.

## YOUR UNIQUE AGING PLAN

With the results of your PhysioAge analysis in hand, you and your provider can develop your own personal aging plan and focus on the precise organ systems that are most at risk.

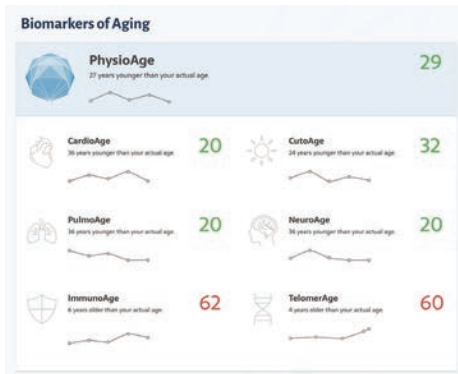
It could be your arteries that need preventive therapy to maintain their suppleness. Or your lung function may indicate the need for cardiovascular exercise. Your provider will advise you on the treatments most appropriate for you based on your individual results, including hormone therapy, nutritional supplements, lifestyle changes, and more.

## ONGOING MONITORING

Your provider may recommend periodic PhysioAge exams so you can monitor your aging process more effectively and determine the appropriate actions to take. Our online dashboard makes it easy to see your progress by tracking all of your results over time in one place.

## YOU'LL FEEL BETTER

The best thing about PhysioAge is that you will simply feel better. A proactive approach to health and aging will have obvious benefits. You will be fighting against future disease and enjoying a healthier aging process.



## Questions?

Throughout the week our doctors host 30-minute conference calls for potential patients in order to answer general questions about the clinic, explain the approaches of nutritional medicine (also referred to as holistic, alternative, integrative, etc), their backgrounds, and areas of expertise.

Mike Shaw, PA-C, our resident PhysioAge provider, is available to call and speak with on Mondays at 1pm CST. You can find the full information on how to call at [riordanclinic.org/doctor-call-times](http://riordanclinic.org/doctor-call-times).



Online, Nov 27-30th  
In-Store, Nov 30th

Our offices are closed on Nov 27th. Online ordering will still be available

RIORDAN CLINIC NUTRIENT STORE

# BLACK FRIDAY SALE

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OFF



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store.riordanclinic.org | code: **BF20**

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Thank you for reading.



Leah Chischilly  
MS, L.Ac.  
Editor


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## Health Hunters Newsletter

Join our mailing list to  
receive this monthly  
newsletter FREE.

To sign up, go to  
[riordanclinic.org](https://riordanclinic.org) or email us  
at [information@riordanclinic.org](mailto:information@riordanclinic.org)

# Stay healthy this holiday season

'Tis the season to eat, drink, and be merry. Unfortunately, it's also the season for colds, flus, and that *other* virus that no one can forget about. Your best defense against seasonal sickness is always a healthy and strong immune system and Riordan Clinic is here to help.

## Daily Supplementation Protocol to Help With Immunity Support and Function

Find all these products in our online Nutrient Store. If something is not listed, it means we are temporarily out of inventory. Check back soon!

### VITAMIN C



OR



OR



OR



1 packet (1,000 mg) of Lypo-Spheric Vitamin C, 2x/day

2 capsules (1,000mg each) of Vitamin C-1000, 2x/day

2 scoops (2,000 mg per scoop) of Sufficient C, 2x/day

2 scoops (2,000 mg per scoop) of Sufficient C, 2x/day

### VITAMIN D



2 drops (1,000 IU per drop) of Vitamin D3/K2 Liquid, 2x/day

### VITAMIN A



1 capsule (10,000 IU) of Vitamin A, 1x/day

OR



10 drops (1,000 IU per drop) of Micellized Vitamin A daily  
*Cannot be sold online.  
Please call to order.*

### SELENIUM



1 capsule (200 mcg) of Selenium, 1x/day

### ZINC



1 capsule (30 mg) of Zinc Picolinate, 2x/day

Get these supplements and more from the Riordan Clinic Nutrient Store



ONLINE  
[store.riordanclinic.org](http://store.riordanclinic.org)



PHONE  
(800) 447-7276



IN-PERSON  
3100 N Hillside Ave  
Wichita, KS 67219

If you have questions, please consult with your doctor before making any changes to your supplements.

The Immunity Support and Function protocol listed above was created by Lucas Tims, ND, FABNO as a general guideline for the support and functionality of the Immune System for those who are not currently sick and not have a compromised immune system. These follow the recommendations put out by the International Society for Orthomolecular Medicine.