



Riordan  
Clinic

# Health Hunters

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## Staying Well in the Time of COVID

*“Health is not valued till sickness comes.” – Thomas Fuller*



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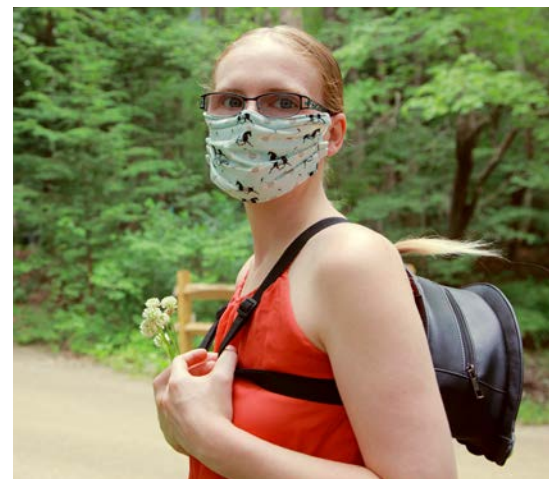
I thought it might be helpful to review some of the basics of health maintenance considering the ongoing growth of the COVID-19 pandemic here at the close of 2020. While these suggestions cannot be construed as specific, research-verified treatments, they certainly stand their ground as adjunctive, common-sense wellness strategies for prevention and early recovery. They are also acceptable strategies for post-COVID-19 syndrome symptoms, should you acquire the infection.

### Preventive Lifestyle Choices

There are a plethora of books and articles that validate the importance of lifestyle choices in the ongoing prevention of illness. Healthy lifestyle choices evoke powerful genetic responses within your body that heighten your immune system’s ability to withstand severe environmental threats like the coronavirus.

There is an exciting scientific field called “epigenetics.” It acknowledges that neither you nor I can change our inherited genome. Yet, we retain the power to resolve daily **to make better lifestyle choices**. Better choices call into action genetic responses that can orchestrate more effective immunologic responses to infectious threats. So, instead of assuming that our personal immune response’s quality and effectiveness are fixed (good or bad!), epigenetic research demonstrates that we can actually improve our immune response to environmental pathogens simply by committing to a concerted program of preventive lifestyle choices.

**HEALTHIER LIFESTYLE CHOICES CALL INTO ACTION GENETIC RESPONSES THAT CAN ORCHESTRATE MORE EFFECTIVE IMMUNOLOGIC RESPONSES TO INFECTIOUS THREATS**



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.”

*Continued on page 2*



This is not a wild, unsubstantiated claim. While thousands of studies are scattered throughout the world of published literature, I suggest you read Dr. Lorenzo Cohen’s monumental book, *Anticancer Living*.<sup>1</sup> Dr. Cohen is the director of the Department of Integrative Medicine at MD Anderson in Houston. Of course, COVID-19 is not cancer. However, as an immediate threat to life, COVID-19 demands a powerful immune response if we expect to survive its deadly course after infection.

Dr. Cohen’s work highlights an often-overlooked advantage of a complete lifestyle change for the better: **the power of synergy!** His “mix of six” lifestyle recommendations, which I will highlight next, are significantly amplified when **adopted together**. They act as a super-charged “therapeutic team” that is ready to heighten your immune system, your vitality, and your will to survive and thrive in these adverse times.

### 1. CONNECTIVITY

In this time of pervasive fragmentation of our social connections, it is wise for all of us to continually look for innovative opportunities to “connect” with our immediate family, relatives, co-workers, friends, and neighbors in a low-touch but high-caring way. While social distancing is important, reinforcing emotional closeness in safe venues is crucial for our health and well-being. Zooming, phoning, FaceTiming, shouting across the fence, or even sending old-fashioned snail mail cards and letters are highly advised. Give people “eye-smiles” from behind that mask!



### 2. STRESS MANAGEMENT

Be ever mindful of your “self-talk.” Weed out the negative. Let go of helplessness. Focus on what you CAN control. Plan your day in a way that allows you to experience “wins” no matter how small. Pay attention to your breathing – short, fast breaths beget anxiety. Instead, breathe deeply from your abdomen. Simple phrases you can think to yourself frequently throughout the day are: “How can I take



better care of myself right now?” Or “How can I be of service to others?” Watch where you are allowing your precious attention to go. You have the power to shift your focus at a moment’s notice, but you must TAKE NOTICE!

### 3. REGULAR SLEEP

Research is pouring in, demonstrating the incredible value of a regular bedtime, a consistent bedtime routine, and an adequate amount of sleep. Avoid falling asleep in front of the TV. Limit screen time before going to bed. Blue light disrupts sleep. Keep the bedroom dark and cool. Keep electronics (including your cell phone) away from the head of your bed.



Make sleep a significant priority in your life. If you snore, consider trying mouth tape. *Somnifix* is a great brand that is comfortable, inexpensive, and readily available on the internet. Don’t forget the power of short, strategic naps.

### 4. EXERCISE

Exercise is often quoted as being the ultimate “vitamin” if it could be bottled. Any type and any amount of exercise are better than none. Start easy and go slow. Develop a routine. Ask someone to be a walking partner (albeit masked!). Keep a simple record of the time you have devoted to exercise on your calendar. Reward yourself for meeting specific goals. Know that there is no better “antidepressant” than regular, engaging exercise.



### 5. FOOD CHOICES

Choose whole, colorful, fresh, high-fiber, low-sugar, high-quality, delicious foods. Not everything has to be organic. Check out the “Dirty Dozen” list online ([ewg.org/foodnews/dirty-dozen.php](http://ewg.org/foodnews/dirty-dozen.php)) to help steer you away from high pesticide foods.



Try intermittent fasting two days a week by simply skipping one meal on those days. Drink extra water. Use grass-finished meats or less animal protein. Be careful not to fall into unhealthy snacking routines. Use the extra time you are spending at home to learn to cook more for yourself again. Rediscover the wonderful world of your kitchen!

## 6. DETOXIFICATION

You do not need a sauna to detoxify. Use Epsom salts (magnesium sulfate) in a warm soak in the tub a couple of times per week. Read your home cleaning products' labels. Get rid of chemical-laden cleaners and replace them with safer brands. Look at what is in your cosmetics and personal care products. Clean out old paint cans and other garden products lingering in your garage. Read up on hidden toxins in the home. Since you are spending more time there, keep it clean. Be aware of GMO foods. Read labels.



The Environmental Working Group provides excellent resources about toxins in food, products, and the home. They have several short, digestible, and actionable guides available at: [www.ewg.org/consumer-guides](http://www.ewg.org/consumer-guides)

## The 7th Lifestyle Choice

Scientific supplementation, like that practiced at Riordan Clinic for the past 45 years, is what I consider to be the **7th lifestyle choice**. Unfortunately, it is an often-neglected subject in conventional medical education (more about specific supplements later in this essay). Indeed, the use of well-studied, effective nutrients in the care of complex chronic illness is contraband at most medical schools. This educational and scientific deficit has led to widespread media suppression of the idea of using supplements rationally in the prevention and treatment of COVID-19 based illness. I believe this is an immense tragedy that stems from a critical oversight in a profession dominated by pharmacology dogma.



Nutrients are not drugs! Nutrients work as a team, not as individual chemical agents. Individual nutrients demonstrate complex interactions with other nutrients, enzymes, cellular membranes, genes, mitochondria, lysosomes, organs, vascular systems, lymphatics, and on and on. Nutrients are not drugs and should not be studied as isolated chemicals as drugs are.

The medical view of nutrients is overly simplistic: “eat a balanced diet, and you will get what you need.” Take potassium, for example. This nutrient is widely present in whole foods. For various reasons, you

can develop low potassium, or what doctors call “hypokalemia.” How is hypokalemia diagnosed? Fatigue, muscle cramps, dehydration, and excessive use of certain diuretics will trigger a doctor to order a potassium blood level. Ironically, this is one of the few instances where doctors use laboratory science to diagnose nutrient deficiency. If the blood level is low, the diagnosis is hypokalemia, a potassium replacement pill is typically prescribed, and the patient gets better.

The flaw in this approach is simple: many nutrient deficiencies can create a similar clinical picture. All too often, due to medical education neglect, these possibilities are not thought of, not tested for, and never resolved. Instead, the hidden deficiencies are treated with symptom-controlling drugs. The untreated deficiencies then trigger a cascade of maladaptive responses in the body. These responses create even more “mysterious symptoms” that result in new medical diagnoses treated with even more powerful and expensive drugs. This is the genesis of the stratospheric rise of **complex chronic illness** in western culture.

## COVID-19 and Complex Chronic Illness

Against this modern backdrop of several worldwide disease epidemics, including obesity, diabetes, heart disease, cancer, degenerative arthritis, depression, and dementia - enter the coronavirus. SARS-CoV-2 is the virus, COVID-19 is the disease. The critical point here is that the virus is *not* the disease. The disease varies in severity and lethality depending upon the relative health, or lack of health, in the afflicted patient. In late September of this year, the CDC estimated that 40% of SARS-CoV-2 infections are asymptomatic, and 50% of transmissions occur before symptoms appear. Their concern is that people who do not have any infection symptoms may be unknowingly spreading the virus.

Why are these patients surviving without symptoms while so many others are dying?! A better question: do asymptomatic people have a “low viral load” or a “high reserve of immunity?”

Some have argued that it is merely a question of having an adequate supply of virus-specific antibodies. This view supports the notion that the vaccine will be the ultimate answer to the pandemic. Yet, antibodies represent only half of a competent immune response. The other half is comprised of the innate immune system, otherwise known as cellular immunity. These are your neutrophils, lymphocytes, and a whole cadre of specialized defense cells. **These cells, like all cells, require better nutrition and better underlying HEALTH for better cellular functioning.**

## Better Functioning Immune Cells

Back in April of this year (and revisited in this issue), Health Hunters contained a small article titled: “Immunity Support & Function: Supplement Protocol.” Dr. Lucas Tims suggested five supplements to support our immune cells year round. These recommendations are based upon a comprehensive, well-referenced article published in the Journal of Orthomolecular Medicine earlier this year. <sup>2</sup>

Without question, Vitamin C is perhaps the best-studied molecule on the planet. Many studies show Vitamin C's effectiveness (especially when used in higher-than-RDA doses) against viral infections in general. Now, emerging research demonstrates that the appropriate use of Vitamin C and other key strategies are reliable adjunctive support in the acute and post-infection care of hard-hit COVID patients. <sup>3</sup>

For the last 45 years at Riordan Clinic, we test the baseline serum level of Vitamin C *in every patient*. Most chronically ill patients run a subnormal or severely deficient level of serum ascorbate on admission to our services.

The Immunity Support Protocol also includes Vitamin D3, Vitamin A, Zinc, and Selenium. In addition to commonly testing low in laboratory evaluations, these nutrients notably rank high in scientific support for enhancing cellular immunity. Indeed, many other nutrients could warrant an honorable mention when it comes to immunity. The single best way to determine which nutrients are most important for your body is to test for deficiencies and then supplement according to your results.

Our *Real Health Discovery Profile* was designed for this purpose. It is a true investment in your own health destiny, and provides a biologic blueprint to reduce your risk for infection by "staying well in the time of COVID!"

## In Conclusion

The salient point of this article is that scientific supplementation, while not generally recognized by medical mainstream doctors and researchers, can nevertheless serve as a rational **7th Lifestyle Choice** that complements the other six. It helps support healthy cellular immunity and reduces one's risk of the many complex, chronic illnesses that are associated with poor COVID-19 outcomes.

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# Daily Supplementation Protocol to Help With Immunity Support and Function

VITAMIN C + VITAMIN D + VITAMIN A + SELENIUM + ZINC

## 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

1 scoop (4,000 mg) of Vitality 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



# Real Health Discovery Profile

At the Riordan Clinic, we believe that laboratory testing is necessary to detect nutrient deficiencies and screen for other major health issues. Our doctors use the lab results as a vital tool in discovering the root cause of your health concerns.

The Real Health Discovery Profile is the most comprehensive profile that we use for those with serious illnesses or for those who want a complete picture of their current biochemical makeup. By taking a “whole body” look at a person, we are able to put together information and connect dots that might have been missed in the past. This profile is available to the public or by physician referral.

## TESTS INCLUDED

- |  |  |   |  |   |  |
|--|--|---|--|---|--|
| <ul style="list-style-type: none"> <li>• Beta Carotene</li> <li>• CBC</li> <li>• Chem Profile</li> <li>• Chromium</li> <li>• Coenzyme Q10 (CoQ10)</li> <li>• Copper (Serum, RBC)</li> <li>• C-Reactive Protein (CRP-hs)</li> <li>• DHEA-s</li> <li>• Estradiol</li> <li>• Ferritin</li> <li>• Folic Acid (Folate)</li> <li>• Fractionated Amino Acids</li> <li>• Free T3</li> <li>• Free T4</li> </ul> | <ul style="list-style-type: none"> <li>• G6PD</li> <li>• Glutathione (RBC)</li> <li>• Hemoglobin A1c</li> <li>• Histamine</li> <li>• Homocysteine</li> <li>• Insulin</li> <li>• Iron Profile (TIBC)</li> <li>• Lutein</li> <li>• Lycopene</li> <li>• Magnesium (Serum, RBC)</li> <li>• Manganese (Serum, RBC)</li> <li>• Progesterone</li> <li>• Pyrroles</li> <li>• Reverse T3</li> <li>• Selenium (RBC)</li> <li>• Testosterone</li> </ul> | <ul style="list-style-type: none"> <li>• TSH</li> <li>• UA+micro</li> <li>• Vitamin A</li> <li>• Vitamin C (Plasma, Urine)</li> <li>• Vitamin E</li> <li>• Vitamin B1 (Thiamine)</li> <li>• Vitamin B2 (Riboflavin)</li> <li>• Vitamin B3 (Niacin)</li> <li>• Vitamin B5 (Pantothenic Acid)</li> <li>• Vitamin B6 (Pyridoxine)</li> <li>• Vitamin B12 (Cobalamin)</li> <li>• Vitamin D</li> </ul> | <ul style="list-style-type: none"> <li>• Vitamin E</li> <li>• Yeast, Oral</li> <li>• Zinc (Serum, RBC)</li> </ul> <p><b>ESSENTIAL FATTY ACIDS</b></p> <ul style="list-style-type: none"> <li>• Linoleic acid (LA)</li> <li>• Gamma-linolenic (GLA)</li> <li>• Dihomogamma-linolenic acid (DGLA)</li> <li>• Arachidonic acid</li> <li>• Alpha-linolenic acid (ALA)</li> <li>• Total Omega 6</li> <li>• Eicosapentaenoic acid (EPA)</li> </ul> | <ul style="list-style-type: none"> <li>• Docosahexaenoic acid (DHA)</li> <li>• Total Omega 3</li> <li>• Arachidonic acid to EPA ratio</li> <li>• Oleic acid (OA)</li> <li>• Total monounsaturated fatty acids</li> <li>• Palmitic acid</li> <li>• Stearic acid</li> <li>• Total saturated fatty acids</li> <li>• Unsaturated to saturated fatty acid ratio</li> <li>• Elaitic (C-18)</li> </ul> | <p><b>LIPID PROFILE</b></p> <ul style="list-style-type: none"> <li>• Cholesterol</li> <li>• Triglycerides</li> <li>• HDL (High-Density Lipoprotein)</li> <li>• LDL (Low-Density Lipoprotein)</li> <li>• VLDL (Very Low-Density Lipoprotein)</li> <li>• Cholesterol to HDL Ratio</li> <li>• LDL to HDL Ratio</li> </ul> |
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# Foods that Support a Healthy Immune System

If you've been to Riordan Clinic as a patient or are a regular reader of the Health Hunters newsletter, then you already know how much we believe in food as medicine. This month as we highlight the behaviors and supplements that support the immune system, we also want to share some foods that may have beneficial effects.



## RED BELL PEPPERS

When you think of Vitamin C, bell peppers probably aren't the first food that comes to mind. You may find it surprising that red bell peppers contain more Vitamin C than the average orange. That's 127 mg to 45 mg, respectively. Red bells also have Beta Carotene, which your body converts to Vitamin A, an antioxidant and beneficial nutrient for the immune system.



## TURMERIC

Turmeric has a wide range of benefits that might surprise you. Not only is it anti-inflammatory, but it may also help retain Beta Carotene found in other vegetables when cooked together. Both actions are beneficial for the immune system.

Curcumin, one of the chemical constituents of turmeric, may have antiviral, antibacterial, and antifungal properties. <sup>2</sup>

Adding turmeric to salad dressings and sprinkled over sautéed vegetables is an easy way to get more of the spice into your diet. It is also a star ingredient in many curry recipes.

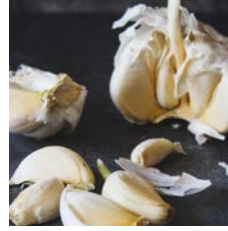


## BROCCOLI

Broccoli is truly a wonder-food! Not only is it rich in Vitamin C, but it also has antioxidant, anti-inflammatory, and pro-detoxification properties. These benefits help support a healthy immune system and are the reason broccoli is often studied for

its anti-cancer benefits.

Quick steaming broccoli (about 4 minutes) is a great way to preserve its nutrients and makes it an easy, healthy addition to any meal.



## GARLIC

Garlic breath is a small price to pay for the health benefits contained in these mighty cloves. Garlic has been shown to have benefits for the immune and cardiovascular systems. One review of studies about garlic and its effects stated that "Garlic

has immunomodulating effects by increasing macrophage activity, natural killer cells, and the production of T and B cells. Clinical trials have shown garlic to significantly reduce the number, duration, and severity of upper respiratory infections." <sup>1</sup>

Eating garlic raw helps preserve its nutrients, but it packs a potent flavor. If you can't tolerate raw garlic, add chopped garlic near the end of cooking when preparing your favorite recipes.



## SUNFLOWER SEEDS

Sunflower seeds are tiny little nutrient powerhouses. They are a great source of Vitamin E, a fat-soluble antioxidant that also has anti-inflammatory effects. They are also rich in selenium, which is a necessary mineral for optimal immune function. <sup>3</sup>

Sunflower seeds are best when eaten raw rather than roasted. They are great alone or for garnishing green salads, mixing into tuna or chicken salad recipes, or adding texture to your morning oatmeal.



## SHRIMP

Shrimp is an excellent source of healthy Omega 3 Fatty Acids that support the nervous system and cardiovascular health. It also contains immune-boosting Selenium and the antioxidant Astaxanthin. Let's not forget it also supplies a quick and easy to

prepare source of protein.

These are just a few examples of foods with immune-boosting benefits. You can ensure a healthy body (and immune system) by incorporating various fruits and vegetables, lean protein sources, and healthy fats in your diet all year long.

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## Fire Cider Recipe

Fire Cider is an herbal remedy often used to help prevent seasonal illness such as colds and the flu. While Fire Cider itself hasn't been scientifically studied for immune support (probably because there are varying recipes), several of the common ingredients carry their own immune boosting benefits. If nothing else, it will warm you up on a cold winter's day!

### INGREDIENTS

- 1/2 cup fresh ginger (grated)
- 1/2 cup fresh horseradish (grated)
- 1 onion (chopped)
- 10 cloves garlic (crushed or chopped)
- 2 jalapeno peppers (chopped)
- 1 lemon (zest and juice)
- 2 tablespoons dried rosemary (or several sprigs of fresh rosemary)
- 1 tablespoon ground turmeric
- apple cider vinegar
- 1/4 cup honey (plus more to taste)

### INSTRUCTIONS

1. Place the ginger, horseradish, onion, garlic, peppers, lemon zest, lemon juice, rosemary and turmeric in a one quart canning jar. Pour in apple cider vinegar until it covers the other ingredients by about two inches.
2. Place a piece of parchment paper or wax paper over the top of the jar before screwing the lid in place. This helps prevent corrosion from the vinegar on the metal lid. Give the jar a good shake and then store in a dark, cool place for one month. Be sure to shake your fire cider daily!
3. After one month, strain the Fire Cider through a cheesecloth into a clean jar. Squeeze as much liquid out as possible. Discard the pulp left in the cheesecloth.
4. Stir in 1/4 cup of honey, until fully dissolved. Taste your cider and add more honey to your liking. It should taste hot, spicy, and sweet!
5. Store in a sealed container in the refrigerator

Take one tablespoon once or twice daily as a winter tonic.

Remember that there are some potent ingredients in there! If you get any stomach distress, decrease your dose. Do not consume fire cider if you have allergies to any of the ingredients.

You can also use fire cider to flavor rice or steamed vegetables, or as a salad dressing.

## Contact the Editor

Please send any comments or suggestions to  
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Thank you for reading.



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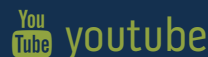
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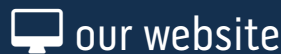
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# IVC Now for Immunity Support

IVC Now is 7.5 grams of Vitamin C given intravenously as a “push” over a short period of time, typically 5 to 10 minutes.

## Supercharge Your Immunity

- Your white blood cells are the soldiers of your immune system.
- Research shows that white blood cells can concentrate Vitamin C up to 8000% greater than the blood level.
- When under attack by an infection, your white blood cells use this high concentration of Vitamin C to make hydrogen peroxide to use against pathogens.
- Virus-infected cells are identified and attacked by your white blood cells and a killing dose of hydrogen peroxide is injected into the infected cell.
- Without the “ammunition” of high reserves of Vitamin C, your white blood cells will be less effective.
- For the last 45 years, the Riordan Clinic has administered Vitamin C intravenously as a safe and effective way to maximize immune responsiveness.



Before your first visit, you will fill out a brief medical history form to make sure there are no contraindications to you receiving an intravenous Vitamin C push.

This form will be emailed to you after you call to make an appointment. Print at home and bring the completed form with you to your appointment.

Our doctor or physician’s assistant will review your history form, check your vital signs, and assess your overall medical status.

If approved, our trained nurses will start a “butterfly IV” and then administer a pH-balanced, isotonic “push” of 7.5 grams (7,500 mg) of pure sodium ascorbate over a 5-10 minute timeframe

We suggest that you eat something prior to the infusion since a high dose of vitamin C can cause a mild blood sugar drop in rare instances.

The 7.5 gram IVC Now can be administered weekly to maintain high intracellular reserves of Vitamin C. This is in addition to any oral supplements or lifestyle adjustments you have made to amplify your immune responsiveness.

*The cost of IVC NOW is \$100 for each 7.5 g IVC Push. There is an additional fee for the short evaluation with one of our providers due at your first visit/IV if you haven’t seen one of our providers within the last six months. The cost of this appointment is approximately \$75 depending on the provider. Please ask our staff for details.*

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