

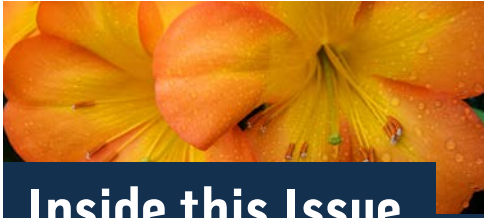


Riordan
Clinic

Health Hunters

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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."

All About Autoimmunity



AUTHOR

Ron Hunninghake, MD

More and more, it seems that people have or know someone that has an autoimmune condition. An article published by the NIH in 2020 indicated that autoimmunity is on the rise in the U.S., and it already affects more than 24 million Americans.^{1,2} Other statistics from the American Autoimmune Related Diseases Association indicate that the number may be even higher, hovering around the 50 million mark. Whatever the case may be, both statistics show that far too many people are suffering. There are more than 80 diseases classified as autoimmune conditions, some more common than others. I thought it might be helpful to share information about some of the common things I see here at Riordan Clinic.



What is autoimmunity?

Britannica defines autoimmunity as "the state in which the immune system reacts against the body's own normal components producing diseases or functional changes." When functioning correctly, our immune system acts as a surveillance system. It identifies and disposes of antigens - materials such as toxins or infectious microbes that are considered foreign invaders. In autoimmunity cases, the immune system, for unknown reasons, begins to attack the body itself. Several theories about what initiates an autoimmune condition exist, but the specific cause is unknown to date. Many suspect that a preceding infection (such as a virus) may be an initiating factor in autoimmunity.³

Are autoimmune conditions hereditary?

A family history of autoimmune diseases is considered a risk factor for developing an autoimmune disorder yourself. However, in families predisposed to autoimmune disease, the same conditions are not necessarily passed from parent to child. Having one type of

Continued on page 2

autoimmune disorder in the family can predispose children to other types of autoimmune disease. For example, one parent may have lupus, but the child develops multiple sclerosis. Or, one family member has celiac disease, and another is diagnosed with rheumatoid arthritis. Autoimmune diseases are not passed down by one single gene but likely a combination of several genes. Genetics, when coupled with other factors, can trigger the development of disease.

Common Autoimmune Conditions:

Rosacea	Rheumatoid Arthritis
Eczema	Multiple Sclerosis
Psoriasis	Sjogren's Syndrome
Type 1 Diabetes	Amyotrophic Lateral Sclerosis - ALS (Lou Gehrig's disease)
Hashimoto's disease (underactive thyroid)	Myalgic Encephalomyelitis/Chronic Fatigue Syndrome
Grave's disease	
Lupus	
Celiac Disease	

Who is most commonly affected by autoimmune disease?

Females are more prone to autoimmune conditions than males. Autoimmune diseases are among the ten leading causes of death for girls and women in all age groups.⁴ Autoimmune conditions may be more prevalent amongst racial minorities, but the data is limited, so no firm conclusions can be drawn.

Autoimmune disease symptoms don't always announce their arrival loudly. Some people develop a condition without an awareness that it exists. Others will experience vague symptoms that often get attributed to other factors such as stress or poor sleep. It can be challenging for



people to receive an autoimmune diagnosis, and many visit 6-10 doctors before identifying the cause of their symptoms.

Common Symptoms may include:

- Headaches
- Anxiety
- Brain Fog
- Attention deficit
- Body rashes, red bumps on the skin, red, flaky skin
- Acne
- Dermatitis
- Allergies
- Asthma
- Dry Mouth
- Frequent Colds
- Fatigue or hyperactivity
- Weight gain or loss
- General feeling of malaise
- Muscle pain or weakness
- Stiffness and pain
- Feeling wired and tired
- Exhaustion
- Digestive problems (i.e. gas, bloating, cramping, diarrhea, constipation)

Many of these symptoms accompany several other conditions, so it can be challenging to pinpoint autoimmunity. It is important to remember that symptoms are signs that something is off-kilter. Even if symptoms aren't autoimmune-related, they need to be addressed.

WHEN WORKING WITH AUTOIMMUNE PATIENTS HERE AT RIORDAN CLINIC, WE FOCUS ON HEALING THE GUT, CORRECTING NUTRITIONAL DEFICITS, AND REMOVING ANY OTHER FORMS OF "STRESS" THAT MAY IMPACT THE BODY'S ABILITY TO FUNCTION OPTIMALLY.

Autoimmune conditions come in a lot of different forms, many of which you are probably familiar with. The most common things I see here at Riordan Clinic are Hashimoto's Thyroiditis, Eczema, and Rheumatoid Arthritis.

Hashimoto's Thyroiditis is the most common cause of hypothyroidism in the United States. It is an autoimmune condition characterized by chronic inflammation of the thyroid gland. Over time the thyroid gland has a diminished ability to produce adequate amounts of thyroid hormone.

Eczema (AKA atopic dermatitis) is characterized by red, swollen and itchy skin. Traditionally, Eczema has been associated with other common atopic diseases such as food allergies and asthma, but recent research is showing that Eczema is often associated with other autoimmune conditions.⁶

Rheumatoid Arthritis is a chronic inflammatory condition that attacks the joints. It may also affect other parts of the body. Joint symptoms of RA include pain, swelling, and stiffness. In more severe cases, joint deformity and loss of function may occur. Symptoms generally come and go in periods of flare and remission.

Treating autoimmune conditions

Unfortunately, it is rare for an autoimmune condition to be “cured,” meaning that symptoms may come and go throughout a person’s lifetime. However, they can be managed through diet and lifestyle changes and, in some cases, require medication. When working with autoimmune patients here at Riordan Clinic, we focus on healing the gut, correcting nutritional deficits, and removing any other forms of “stress” that may impact the body’s ability to function optimally. These stressors may come from poor dietary and lifestyle habits or exposure to environmental toxins such as mold and heavy metals.

Adequate vitamin C in the body is crucial, as is vitamin D. We use lab testing to determine other nutrient deficiencies and employ dietary changes and supplementation to help correct them. Our Inflammation, Methylation, or Real Health lab profiles can help determine a specific treatment plan.



LEARN MORE ABOUT THE INFLAMMATION, METHYLATION, AND REAL HEALTH LAB PROFILES ON PAGE 4

The diet for autoimmune patients may be different from person-to-person based on their individual needs. However, most autoimmune patients benefit from an anti-inflammatory diet that excludes foods they are sensitive to. An elimination diet or lab testing can be used to help determine food sensitivities. Specific foods such as probiotic-rich, fermented foods, or bone broth may also be beneficial for repairing and repopulating the gut microbiome.



Regular movement and exercise may also improve some autoimmune symptoms. However, some patients may experience flares in symptoms if they overdo it. It is essential to find activities that encourage movement while also supporting the person’s particular circumstances.

Getting an autoimmune diagnosis can feel like both a relief and a curse. On the one hand, it is helpful to know that your symptoms finally have an explanation, but on the other, it may feel like getting a life sentence. The good news is that there are several things that YOU can control to improve your quality of life. Most autoimmune

conditions respond well when they are caught and managed early. We are always here to help you navigate your journey toward Real Health and feel your best when living with an autoimmune condition.

1. <https://factor.niehs.nih.gov/2020/5/papers/autoimmunity/index.htm>
2. <https://www.niehs.nih.gov/health/topics/conditions/autoimmune/index.cfm>
3. <https://pathology.jhu.edu/autoimmune/causes>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1447637/> <https://www.sciencedirect.com/science/article/abs/pii/S1568997219302332#:~:text=While%20the%20Centers%20for%20Disease,minimal%20epidemiological%20data%20has%20been>
5. <https://pubmed.ncbi.nlm.nih.gov/27742171>

THINGS THAT MAKE AUTOIMMUNE CONDITIONS WORSE:



Mental/Emotional Stress



Antibiotic Use



Toxins



Sugar



Alcohol



Drugs



Mold

Inflammation Lab Profile

The Riordan Clinic Inflammation profile identifies nutrient deficiencies that increase the risk of inflammation. It also gives you and your healthcare provider important information about other health factors that require attention.

Methylation Lab Profile

Methylation is involved in almost every bodily biochemical reaction and is needed to keep cells in good “working condition.” Your ability to drive the methylation pathway may be limited, because of deficiencies in vitamins B2, B6, B12, folate, the minerals magnesium, copper, and zinc, plus high levels of histamine, homocysteine, and urinary pyrroles. All the measurements are included in the Methylation Profile.



Real Health Discovery Profile

The Real Health Discovery Profile is The Riordan Clinic’s most comprehensive laboratory panel. For individuals with serious health concerns or for anyone who desires to have a big picture review of their body chemistry, this complete profile is the best option.

TESTS INCLUDED:

- Beta Carotene
- CBC
- Chemistry Profile
 - » Glucose
 - » Uric Acid
 - » Urea Nitrogen (BUN)
 - » Creatinine
 - » BUN/Creatinine Ratio
 - » Sodium
 - » Potassium
 - » Chloride
 - » Phosphate
 - » Carbon Dioxide
 - » Calcium
 - » Protein, total
 - » Albumin
 - » Globulin
 - » Albumin/Globulin Ration
 - » Bilirubin, total
 - » Alkaline Phosphate
 - » AST
 - » ALT
 - » LD
 - » GGT
 - » Iron
- Chromium
- Coenzyme Q10 (CoQ10)
- Copper (Serum, RBC)
- C-Reactive Protein (CRP-hs)
- DHEA-s
- Essential Fatty Acids
 - » Linoleic acid (LA)
 - » Gamma-linolenic (GLA)
 - » Dihomogammalinolenic acid (DGLA)
 - » Arachidonic acid
 - » Alpha-linolenic acid (ALA)
 - » Total Omega 6
 - » Eicosapentaenoic acid (EPA)
 - » Docosahexaenoic acid (DHA)
 - » Total Omega 3
 - » Arachidonic acid to EPA ratio
 - » Oleic acid (OA)
 - » Total Monounsaturated fatty acids
 - » Palmitic acid
 - » Stearic acid
 - » Total Saturated fatty acids
 - » Unsaturated to saturated fatty acid ratio
- » Elaitic (C-18)
- Estradiol
- Ferritin
- Folic Acid (Folate)
- Fractionated Amino Acids
- Free T3
- Free T4
- G6PD
- Glutathione (RBC)
- Hemoglobin A1c
- Histamine
- Homocysteine
- Insulin
- Iron Profile (TIBC)
- Lipid Profile:
 - » Cholesterol
 - » Triglycerides
 - » HDL (High-Density Lipoprotein)
 - » LDL (Low-Density Lipoprotein)
 - » VLDL (Very Low-Density Lipoprotein)
 - » Cholesterol to HDL Ratio
 - » LDL to HDL Ratio
- Lutein
- Lycopene
- Magnesium (Serum, RBC)
- Manganese (Serum, RBC)
- Progesterone
- Pyrroles
- Reverse T3
- Selenium (RBC)
- Testosterone
- TSH
- UA+micro
- Vitamin A
- Vitamin C (Plasma, Urine)
- Vitamin E
- Vitamin B1 (Thiamine)
- Vitamin B2 (Riboflavin)
- Vitamin B3 (Niacin)
- Vitamin B5 (Pantothenic Acid)
- Vitamin B6 (Pyridoxine)
- Vitamin B12 (Cobalamin)
- Vitamin D
- Vitamin E
- Yeast, Oral
- Zinc (Serum, RBC)

Call **800-447-7276 x1385** to order one of these lab profiles, or to learn more.

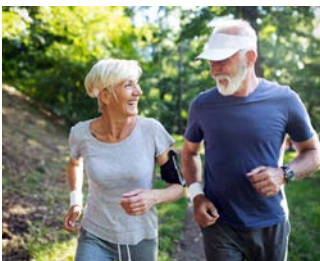
DID YOU MISS THIS LECTURE SERIES? WATCH ONLINE!

Making Your Healthspan Match Your Lifespan

The goal of healthy aging involves moving from reactively responding to disease when it is expensive and difficult to treat, to **proactively** using strategies that prolong the health span of a person's life. When implemented and maintained, these strategies help decrease illness and increase wellness throughout our final years.

With an understanding of the processes that support healthy aging at the cellular and molecular level, we can design age-appropriate lifestyle and micronutrient protocols that limit the risk of developing age-related disease while promoting lifelong healthy functioning. By improving one's healthspan, we may also increase their lifespan.

WATCH ON YOUTUBE:  HEALTHHUNTER1



Prevention & Real Health



Maintaining Wellness



Addressing Root Causes

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



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Speaker: Dr. Dustin Moffitt

Medical Director at the Riordan Clinic Hays Clinic

Dr. Moffitt specializes in regenerative injection techniques, pain management, sports rehabilitation, chronic illness, functional medicine, and weight loss.



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This lecture series brought to you by:



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Riordan Clinic

The DIY Approach to Uncovering Food Intolerance:

A Simple Elimination Diet Protocol.



AUTHOR

Leah Chischilly L.Ac.

When dealing with an autoimmune condition, or nearly any ailment, a diet that helps reduce inflammation is essential to the healing process. Part of lowering inflammation involves eliminating foods that your body does not tolerate well. The elimination diet is said to be the most helpful diagnostic test for food intolerance.¹ There are different elimination diets that are more or less strict based on an individual's needs, but below is a basic elimination diet protocol that provides a great place to start.



Elimination Diet Basics

In a nutshell, an elimination diet involves removing certain foods from your diet for a set time period and then reintroducing them back in one by one to see if they trigger a reaction. Reactions may be subtle such as sleepiness, or more pronounced, such as abdominal discomfort or bloating. Any reaction to the food indicates that an intolerance may be present. You should consider eliminating or significantly reducing your consumption of that particular food for a more extended timeframe.

How long should I do an elimination diet?

You want to do an elimination diet long enough to see an improvement in your symptoms. This generally means 2-4 weeks. If you do not notice any change during that time, this may mean that A) you may need to consider a modified elimination diet that excludes different foods or B) food intolerance is not a major factor in your symptoms. Most people tend to notice a change within two weeks.

Foods to avoid during an elimination diet.

For this basic elimination diet, you will avoid a select number of foods that are considered very common intolerances and foods that you suspect may be intolerances for you specifically. Often it is the foods that we have uncontrollable cravings for that tend to be the culprits.

For a period of 2-4 weeks, refrain from eating the foods listed below whole or as ingredients in other foods. During the elimination phase, it is essential that you strictly adhere to the diet, or you may not get accurate results.



WHEAT AND GLUTEN CONTAINING GRAINS

(Wheat, durum, semolina, spelt, farina, farro, graham, kamut, rye, triticale, barley, malt, soy sauce)



DAIRY PRODUCTS

(Milk, cheese, yogurt, butter, whey)



CORN AND CORN PRODUCTS

(corn oil, corn meal, corn starch, corn syrup)



SOYBEANS AND SOY PRODUCTS

(Edamame, miso, soy sauce, soybean oil, soy milk)



PEANUTS AND PEANUT-CONTAINING FOODS

(peanut oil, peanut butter)



EGGS AND FOODS CONTAINING EGGS

(baked goods, mayonnaise, meringue)



SEAFOOD AND SEAFOOD CONTAINING PRODUCTS

(fish, shellfish, sauces, salad dressings)

**This is not an exhaustive list of all the foods containing these ingredients so be sure to read labels!*

Other foods to consider:

Any food that you consume every single day

Any food that you constantly crave

Any food that you just "have a feeling" doesn't agree with your body

It is also advised that you eliminate caffeine, alcohol, refined sugar,

artificial sweeteners, and artificial colors as these things may diminish your ability to detect reactions to other foods.

Reintroduction

After the elimination period, you will begin adding foods back into your diet one at a time, every three days. On the first day, start with a small amount of one food in the morning. If you don't notice any reaction or symptoms, eat two larger portions in the afternoon and evening. On days two and three, avoid the food again. If you don't get any symptoms, you probably don't have an intolerance for that particular food. You can add this food back into your diet after reintroducing all of the other foods in the same manner.

Every three days, test a different food until you have been through all the foods you eliminated.

Here's an example to clarify:

Assume you have completed at least two weeks of the elimination diet and are ready to start reintroducing foods. You decide to start with gluten.

For breakfast on day one, you have one piece of wheat toast.

You don't feel anything right away, so at lunch, you decide to eat a sandwich — still nothing.

At dinner, you go big and eat a bowl of your favorite pasta. All seems to be well when you go to bed that evening, but you wake up the following day feeling puffy and congested. Bingo! You've uncovered a food intolerance. For the next two days, you avoid anything containing gluten and keep an eye out for any additional symptoms or changes. After two days, you are ready to move on to your next food.



Plan ahead for your elimination diet

For this basic diet, you are looking at 2-4 weeks of elimination and at least 21 days of reintroduction. Plan ahead to set yourself up for success. Here are a few tips:

- Avoid starting an elimination diet when you have big upcoming events or vacations
- Search elimination diet friendly recipes in advance
- Create an elimination diet meal plan
- Find elimination diet-friendly snacks to carry with you on the go
- Tell your family and friends what you are doing, and ask for their support (or better yet, get them to join you!)
- Buy a journal to record your symptoms and any changes you experience during the elimination and reintroduction phases.



Modifying your elimination diet

If eliminating several foods at once feels way too difficult, you can start by eliminating one or two at a time following the same method. It may take longer to uncover all of your sensitivities, but it may also make it more manageable for you, depending on your circumstances.

If you eliminate all the foods listed and don't feel any different, work with your provider to determine the next best steps. As mentioned before, other elimination diets focus on more specific foods such as nightshades or foods containing FODMAPs (fermentable oligo-, di-, mono-saccharides, and polyols) that can help you uncover other food intolerances.

1) <https://pubmed.ncbi.nlm.nih.gov/25471897/>

Real Health Podcast

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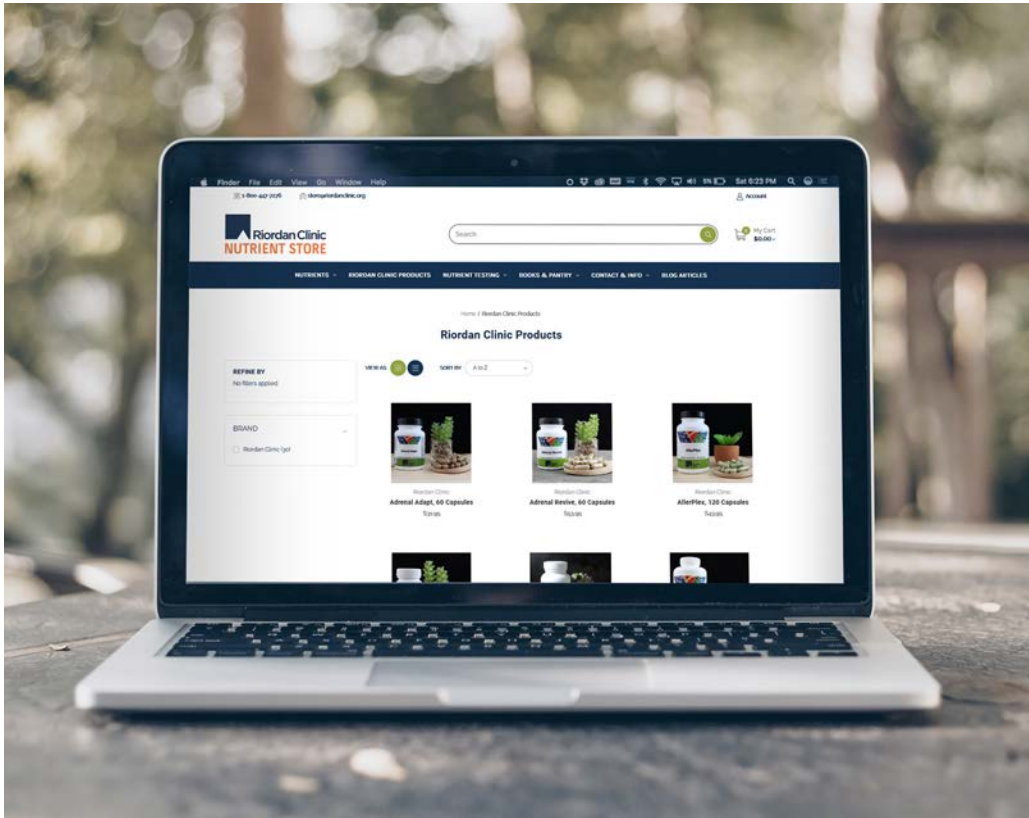


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New and Improved Nutrient Store Website

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10% OFF

Your Next Online Order

PROMO CODE

NEW10

*Code may only be used one time per customer.

Our team has been working hard behind the scenes to develop a new Nutrient Store website that we feel will serve you better. We are excited to announce that the site is live!

Your customer account information and order history have all been transferred securely from the previous site. **Please note: the first time you log-in you'll need to create a new password.** You'll only have to do this one time. After that, you can view past orders, add products to your cart from past orders, and checkout through a more streamlined shopping cart.

If you have any issues with creating a new password, click on "forgot your password?" and the site will walk you through the next steps.

The new website has several upgraded features that we hope you love as much as we do!

Here are a few:

- **Mobile friendly.** This means that you can shop from your computer, tablet, or mobile device (such as your phone) comfortably and efficiently.
- **Ability to save payment methods** safely and securely in your account for quick access on future orders.

- **Divide an order between multiple delivery addresses.** Do you buy vitamins for a family member? No problem! Let us know at checkout which products to send to each address and we'll help you get it to them with just one order.
- **Notification if a product is on backorder.** Instead of "Add to Cart" you'll see "pre-order now". This allows you to purchase the item and when it is back in stock, it will automatically be sent to you.
- The cart and checkout steps are **simpler and the coupon code box is easy to find!**
- **Increased search functionality** making your favorite products a quick keyword search away.
- **Blog articles** where we can share important information and educational materials.
- And more!

Over the next few months we'll be adding more features that we hope will serve you even better. If you have any feedback on the new site, or requests on features for the future, please use the Contact Us form to let us know. We love hearing from you!

Thank you for being here. We are grateful for the opportunity to help you on your journey to Real Health.