



**Riordan
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Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility with locations in Wichita, Overland Park, and Hays, KS. The clinic was co-founded by Olive Garvey and Hugh D. Riordan. We have integrated lifestyle and nutrition to help you find the underlying causes of your illness. Our mission is to serve communities by promoting health through integrative care, education, and research to inspire hope and healing.

Synthetic vs. Bioidentical Hormones



AUTHOR

Dr. Dustin Moffit, ND



Hormone Harmony

The endocrine system, which controls our hormones, is quite frail and susceptible to numerous impacts. Circumstances within our control, such as overeating, fatigue, and stress, can throw off the balance of our hormones. Circumstances outside of our control, such as unknown environmental toxin exposure, menopause, having children, and genetic conditions, can also throw off the balance.



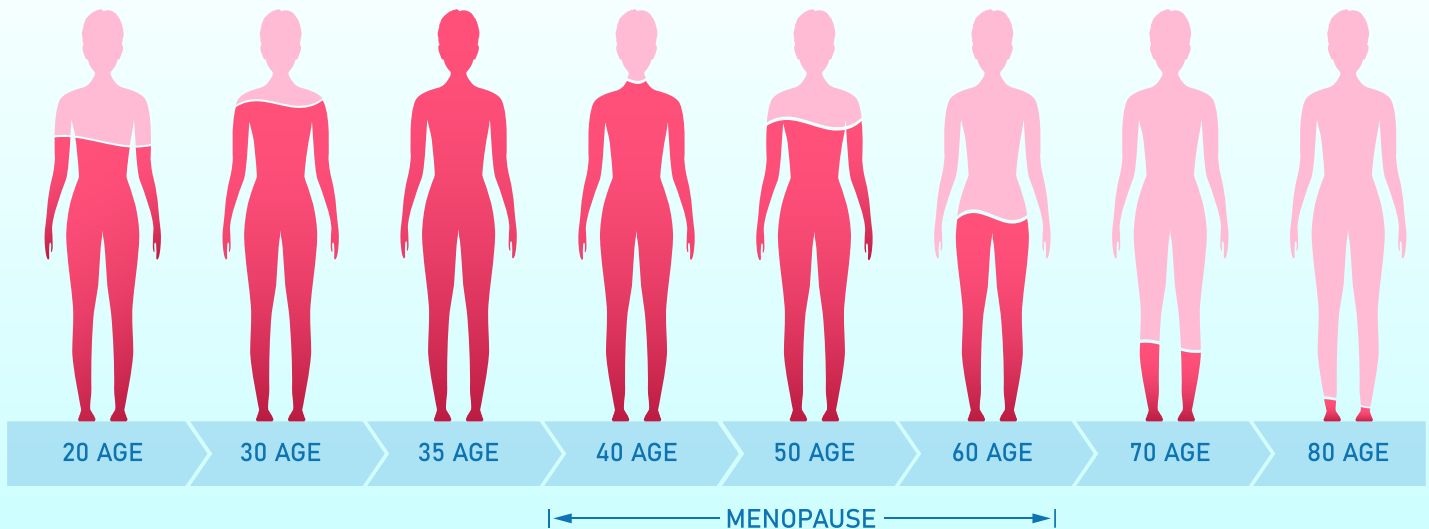
The Functional Approach

The fortunate side of the situation is most hormones can be measured with a simple blood test, and for most hormones, we know ideal numbers based on age, gender, and a few other health factors. Functional medicine practitioners work together with their co-learners (patients) to help identify the disbalance, what has caused this disbalance, and how to resolve it. Sometimes, temporary assistance is needed, as in the case of a sleep aid while working on hormones such as cortisol that control our sleep habits. Other times, it's the need for a supplement, diet, exercise, or some other routine introduced into the equation.

Continued on pages 2 & 3

ESTROGEN HORMONE LEVEL

Estrogen deficiency
Estrogen level



Evolution of Hormones

Starling discovered in collaboration with the Physiologist W. M. Bayliss, secretin, the first hormone, in 1902. Three years later, when they introduced the hormone concept with recognition of chemical regulation, early regulatory physiology took a major step forward.

Hormones were first used for menopausal symptom relief in the 1930s, after Canadian Researcher James Collip developed a method to extract an orally active estrogen from the urine of pregnant women and marketed it as the active agent in a product called Emmenin.

Research and development of synthetic and equine-derived hormones has provided the basis for most references on modern hormone replacement therapy (HRT). Current conventional practice, which is derived from this research, is to prescribe progestins and estrogens that are not molecularly the same as those found in the human body.

Even though bioidentical hormones were known to be effective and were available as early as the 1930s, the only way to avert their destruction by the digestive tract was to administer them intramuscularly in a painful oil-based injection. Since pharmaceutical companies could not patent natural substances and the technology was not available to painlessly get bioidentical hormones into the body, researchers came up with an alternative.

Oral conjugated equine estrogens, were the first mass-produced hormones to become popular in the 1970s to address menopausal symptoms, but quickly became associated with endometrial cancer. Upon further research, it was found that the cancer risk was not as highly associated in women that had proper balances of estrogen and progesterone. This is when a synthetic form of progesterone was developed in the 1980s called progestin. To add to the confusion in HRT development, the term "progesterone" was used interchangeably with the term "progestin" in medical, nursing, and pharmaceutical literature. Prescribers often assumed them to be one in the same, although their effects on the human body were very different.

Synthetic progestins, man-made, (such as Premarin and Provera) do not have the same molecular structure as the hormones in your body, but your body converts them to a usable form. They tend to increase LDL and decrease HDL cholesterol concentrations, as well as decrease sex hormone-binding globulin (SHBG). This decrease in SHBG can result in an increase in free sex hormone levels and potentially increased androgenicity and cancer causing metabolites.

Some potentials of synthetic medications is that there tends to be very little variation in the active ingredients available, so typically when given a set dose, you receive extremely close to that dose. The exact thing could be said against them as well. Most synthetic available hormones on the market only come in set dose, so if your need tends to be more or less than the standard, then you are stuck with a sub-optimal dosage and possible side effects accompanying. Another added benefit of synthetic hormones is that they are mass produced and readily available at most local pharmacies, as well as covered by most insurance companies when used for the approved conditions. Bioidentical hormones are identical in structure or similar enough in structure that our body more readily recognizes them. Most of them on the market today are derived from wild yam extract and standardized to have certain amounts of the needed hormone (it's estrogen, testosterone, and progesterone).

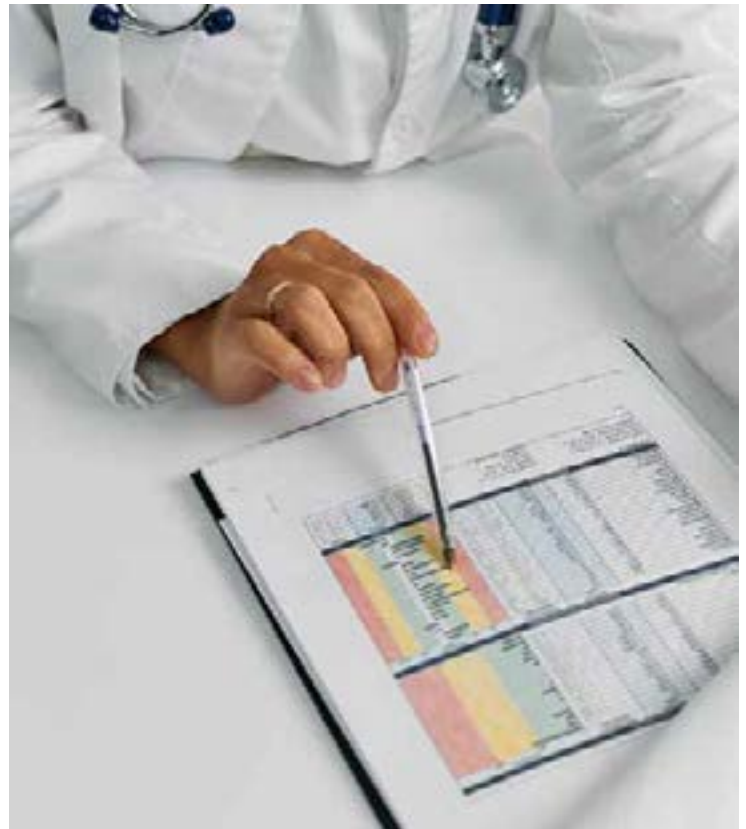




There is still a fair amount of manufacturing that goes into them, but subtle enough to keep the molecular structure intact. Bioidentical hormones are typically only prescribed by providers who have done additional training to be able to understand all the variables that can interplay. The benefits of bioidenticals are that they are compounded to be a precise amount of hormones specific to your labs, symptoms, and body. The down side is that most insurance companies will not pay for any kind of compounded medication, so expect to pay out of pocket. Bioidentical Hormone Replacement Therapy (BHRT) can be used in a variety of forms such as troches, lozenges, creams, patches, pills, pellets, and injectables.

Bioidentical hormones are not devoid of leading to cancer, however when done correctly with balance and finding the lowest effective dose, they can be quite safe. Known cancer containing metabolites are 2-hydroxyestrone (2-OHE1), 16 α -hydroxyestrone (16 α -OHE1), but these are found between protective metabolites. Our genetics and hormone enzymes all function as they should when diet, exercise, and needed nutrients are given. Sometimes, we can do everything right and still have issues, but this is often found via frequent lab work. When concerns rise, we can utilize hormones metabolite testing to state exactly where hormones are being sent.

Hormone replacement therapy can be a very useful tool to address fatigue, low libido, brain fog, hot flashes, night sweats, weight gain, and many more. Many of our patients on HRT have found their youthful quality of life has returned. Who doesn't want to look and feel their greatest?! What other questions would you like us to answer? Send us an inquiry and we will be sure to address them.



References:

<https://pubmed.ncbi.nlm.nih.gov/19179815/>
<https://pubmed.ncbi.nlm.nih.gov/17217322/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8306643/>

The Patient's Power to Balance Hormones and Feel Better

AUTHOR
Jenny Bradley



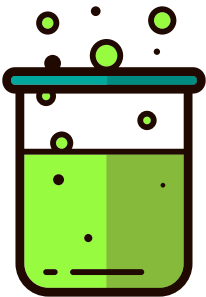
Have you ever had one of those days where the moodiness hits and it feels like you are the passenger in an emotional rollercoaster? I vividly remember riding that rollercoaster the first month after I was diagnosed with hormone receptor-positive breast cancer.

While I was definitely dealing with a life-altering disease diagnosis in my thirties and the whirlwind of change that instantly comes with that news, my hormones were completely out of whack in that season and throwing me for some extra carnival rides that I did not want to be on. I did not know until receiving 14 pages of bloodwork results

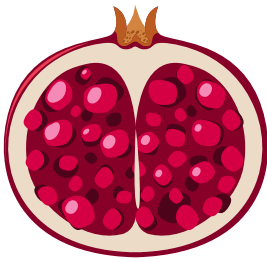
from my labs at Riordan Clinic that the symptoms I was presenting indicated estrogen dominance. I was unaware that what I was feeling wasn't normal. These symptoms may be common for many, but it isn't necessarily normal.

With the help of my practitioner's guidance and the resources I found while researching, I began to learn about the power we have in regulating our hormones through the food we eat and our lifestyle. My interest was piqued. Encouraging my body in healing cancer meant learning what I could do to balance my hormones.

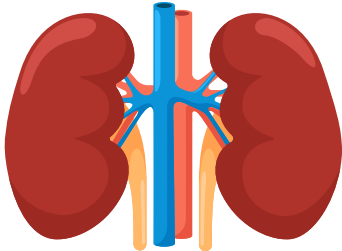
I focused on three main areas to get my hormones back in balance and now, five years later, to keep them in a good ratio.



Reducing the toxic burden of pseudo-estrogens and hormone disruptors



Nourishing well



Supporting the liver, gut health, and detoxification pathways



Reducing the toxic burden means removing products from the household that have fragrance and parabens in personal care products like soap, lotion, shampoo, conditioner, deodorant, laundry detergent and softeners, perfumes, air fresheners, makeup, etc., and replacing them with unscented, paraben free items. It also includes switching from plastic to glass food containers, food grade silicone, and stainless steel beverage tumblers as plastics from food/drink storage are now known to leach into our meals and cause hormone havoc.

Nourishing well involves making organic plant-based meals full of fiber, healthy fats, sensible carbohydrates, and quality proteins. This may include a veggie bowl of steamed broccoli, cauliflower, cabbage, chopped sweet potato, onion, mushrooms, sprouted quinoa, and/or chopped walnuts that is best served with an easy garlic, ginger, and coconut aminos sauce. Choosing organic food also helps support hormone health as pesticides and herbicides used on conventional produce are also known to disrupt hormones.

To support the liver, gut health, and detoxification pathways you need to hydrate well with purified water, eat pre and probiotic rich foods (such as oats, garlic, onions, and apples), sweating through

movement or infrared sauna, daily bowel movements, and breathing well are among other helpful options. Through taking these intentional actions consistently along with targeted supplements from the doctor's guidance, I was able re-balance my hormones five years ago and thankfully have been able to keep them well balanced through the years of thriving with a cancer diagnosis. We make sure to do appropriate labwork regularly through each year to keep tabs on it and make any modifications that help me thrive with a good quality of life.

Mood swings, painful periods, intense cravings and crashes, bloating, and hormone headaches don't have to be a regular occurrence. Through intentional nutrition and lifestyle choices we can live more comfortably with better balanced hormones.

REDUCE YOUR TOXIC BURDEN



Remove household items that have fragrance and parabens in products like soap, shampoo, and lotion.

NOURISH WELL



Make organic plant-focused meals full of fiber, healthy fats, sensible carbohydrates, and quality protein.

SUPPORT THE LIVER, GUT, AND DETOX PATHWAYS



Hydrate well with purified water, eat pre and probiotic rich foods, sweat daily, regular bowel movements, and breathing exercises.



Jenny Bradley is a Certified Culinary Nutrition Expert, a Certified Holistic Cancer Coach, and founder of Shrink the Mutant School. She helps guide cancer patients towards more peace and less overwhelm during the cancer journey through her 1-on-1 coaching and online courses. She shares her insights and tools on Instagram @shrinkthemutant and on her website shrinkthemutantschool.com. Jenny lives with her husband Mike and their cute little dog Poppy in Kansas where they enjoy cracking jokes, simple whole food meals, and all things Formula 1 racing.



Blast from the Past

A Message from Ron Hunninghake, M.D., Chief Medical Officer

Talk about a blast from the past, we stepped back in time to revisit the many joys that Dr. Ron once discovered in his beginning years as a Provider at the Riordan Clinic, formerly know as **The Center**. "After practicing medicine as a family physician for 11 years, I arrived at The Center in 1987 where I began in earnest as a true holistic doctor. What has it meant to be a holistic doc? Well, it has been a joy. Actually, it has been many joys."

LET ME MENTION SOME OF THE JOYS:



The joy of discovering.

Too many doctors, once they get into practice, find themselves doing the same thing over and over again. At The Center, every day is a day of discovery.

The joy of teaching.

I have known my whole life that I was born to teach. At The Center, I have actualized the meaning of the word "doctor" ... "teacher!" It has been through teaching that I have truly learned. The teacher-student relationship is the higher calling of the doctor-patient relationship ... only, who is the real teacher and who is the real student?



The joy of listening.

I have learned the supreme value of being a good listener. Our patients, as co-learners, are aching to explore the meaning of their illness with a professional. As an effective listener, I teach them to listen to their bodies, their hearts, and their spirits... the clues that will lead them to healing are there, just waiting to be realized.

The joy of quantifying for the sake of quality.

It has been too often the case that numbers are more important than people in modern medical practice. At The Center, left-brain analysis joins right-brain synthesis to co-serve in the process of healing. Good science compliments the art of living wellness. Our nutritional workup demonstrates to the co-learner precisely where work is needed to restore quality functioning.





The joy of accepting.

Many diseases can't be "fixed." Every illness can be healed. One huge piece in the healing process is acceptance. Acceptance (not fatalism) begins with my total acceptance of the patient (and myself). Ironically, what has been rejected cannot be changed. Accepting an illness is the beginning of healing. Even a terminal illness can be inwardly healed this way.

The joy of loving.

Most of us associate love with an attachment for objects or people we desire to have or own. A higher definition of love is actually based upon detachment, where the person is loved from a perspective of deep compassion and caring. The doctor sees that he is no different, in essence, from the patient...and realizes in a profound way: "Physician, heal thyself!"



The joy of encouraging.

Encouragement is the process of evoking courage from within. As a physician, by embodying "I can," the patient is given the chance of rediscovering "I can" within him or herself.

The joy of co-learning.

The Center's best gift to me, and to the world is that: that doctors are courageous and humble enough to realize that health is so unique and individual for each patient, that wisdom dictates it best to enter into a relationship with each patient where mutual learning and discovery reveals the special steps of healing for that patient, and that patient alone.



The joy of serving.

At The Center, I do not fix patients. I do not even help patients. As a co-learner, I serve my patients. Service is the manifestation of my love for my patients. Service acknowledges their primacy in the healing process. Service frees me as a physician from any arrogance I might have about my knowledge or abilities. Most importantly, it keeps me on my toes, spiritually, by always allowing me to remember Who really is at work here.



AUTHORS

Melissa LaBarge, RN, BSN

Chloe Stuhlsatz, RN, BSN



What You Should Know About Congestive Heart Failure

As you may know, February is Heart Month. Let's take some time to learn a little about how it works; or rather, how it doesn't. Heart failure is a condition that affects millions of people. What is heart failure, you may ask? What are the symptoms? What causes it? How is it treated or managed?

There are two main types of heart failure: systolic and diastolic heart failure. According to Doctor Kanu Chatterjee in his article "Pathophysiology of Systolic and Diastolic Heart Failure," the clinical definition of systolic heart failure is a syndrome which results from reduced left ventricular ejection fraction.

Ejection fraction is the percentage of blood that is being pumped out of the heart with each beat. With this type of heart failure, the heart isn't contracting effectively and therefore not getting oxygenated blood to the body.

The definition of diastolic heart failure is a condition resulting from an increased resistance to filling of one or both ventricles. In this type of heart failure the ventricles are not relaxing or allowing blood to the heart.

As with many diseases, early detection is key to better outcomes.

Symptoms of Heart Failure. When should you be concerned?

If you notice it getting increasingly difficult to do normal daily activities, if you are frequently short of breath and fatigued, if you are experiencing an onset of weight gain and swelling due to extra fluid in your heart, you should check in with your doctor.

When the heart isn't circulating the blood properly, it could be a sign that there is fluid buildup or edema somewhere in the body. Often-times this build up will be in the lungs, chest cavity, or in the extremities.

Causes of Heart Failure

There are many causes that precipitate heart failure. Some predispositions such as age, gender, and ethnic background will put an individual at great risk. However, lifestyle, chemical exposure, and medical history also play large roles. A few of the most notable causes are coronary artery disease. Other causes include previous heart conditions, hypertension, diabetes, kidney disease, obesity, and smoking.





**The sooner you make the necessary changes
— quitting smoking, healthy diet, and supplements —
the better your chances are to combat
heart failure.**

Curing Heart Failure

A cure for heart failure has yet to be discovered. However, symptoms can be managed in various ways through lifestyle modifications, medical prescriptions or, in severe cases, medical devices or procedures may be recommended.

Lifestyle changes to combat congestive heart failure include quitting smoking, healthy diet, and increased physical activity.

Supplements can also play a beneficial part in protecting the heart and even help it repair itself. Doctor Stephen Sinatra uses coenzyme Q10, L-Carnitine, and D-Ribose, as he writes greatly about in his book *The Sinatra Solution: Metabolic Cardiology*. He found many patients with heart failure, as well as other heart conditions, to be deficient in coenzyme Q10. (p. 76) Dr. Sinatra uses these nutrients to give the heart the energy it needs to function.

Heart failure is a chronic condition that occurs when the heart is not working properly. Notify your doctor at onset of symptoms for early detection and treatment. The sooner you make the necessary changes—quitting smoking, healthy diet, and supplements— the better your chances are to combat heart failure.

References:

Heart Failure: Also known as Congestive heart failure
<https://www.nhlbi.nih.gov/health-topics/heart-failure>

Stephen T. Sinatra, M.D., F.A.C.C, 2005, *The Sinatra Solution: Metabolic Cardiology*

Pathophysiology of Systolic and Diastolic Heart Failure Kanu Chatterjee, MB, FRCP(Lond), FRCP (Edin), FCCP, MACP. medical.theclinics.com <https://www.sciencedirect.com/science/article/abs/pii/S002571251200123X?via%3Dihub> Division of Cardiology, Department of Medicine, University of Iowa, Room/Bldg-E-314-4 GH, 200 Hawkins Drive, Iowa city, IA 52242-1081, USA

Available online 13 September 2012.

Heart Failure: Also known as Congestive heart failure
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7540043/>
'<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7540043/>
<https://www.nhlbi.nih.gov/health-topics/heart-failure>



Emotional Heart Health Through the Art of Self-Care



AUTHOR

Kim Medis, RN, BSN

We often think of our bodies as a separate part of ourselves, physically detached from our minds, emotions, and spirits. Even if we say that we don't believe this, we can act as if it were true. We exist as if these parts of ourselves either don't have as much value as another part, or that they are kept in separate compartments, untouched and unconnected.

Research now shows that the mind, emotions, spirit, and body are intricately connected and do indeed affect each other. Let's look at stress and attitude and discuss some of the implications they have on our health.

Articles from the Universities of Minnesota and Rochester Medical Center state that stress elevates cortisol levels, which increases cholesterol, blood sugar, and blood pressure. Even if it is minor, stress can also lead to arterial plaque buildup and clotting issues. It can trigger heart problems like poor blood flow, which prohibits sufficient blood and oxygen to the heart. All of these increase our risk for heart disease and stroke.

People who have a lot of stress often choose unhealthy ways to cope like smoking, drinking, or binge eating, each of which are root causes of other serious health issues.

Common manifestations of stress include bodily aches and pains, decreased energy and sleep, heightened anxiety, anger, depression, impatience and forgetfulness.

Negative feelings and attitudes of helplessness or hopelessness are also culprits in creating stress. These feelings lead to hormone depletion and immune system deterioration... You can literally shorten your life by succumbing to negativity!



Choose to live a long life by learning about the benefits of self-care. Yes, it's a trending topic today, and everyone has recommendations; but many of them can be repetitive. Or boring, maybe? Or cliché – I just don't often see them reaching the core of the inner person and bringing palpable relief.

I want to share a book that I believe can help you develop a profound personal self-care routine.

The Artist's Way by Julia Cameron

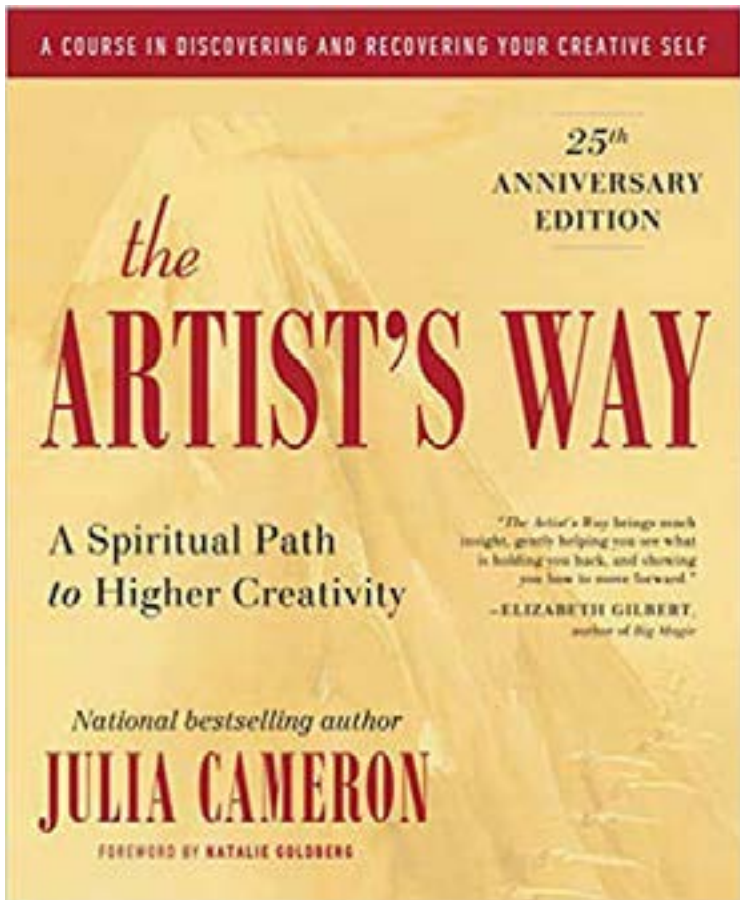
The premise behind Cameron's teachings is that creativity is a part of each person's true nature. And the blossoming of our creativity is integral in developing our emotional health and spiritual growth.

She has two essential tools that she advises readers to employ, Morning Pages and Artist's Dates.

Morning Pages

Morning Pages are a daily writing ritual completed upon arising from sleep. They are three Pages written in longhand without stopping, an unedited stream of consciousness.

Cameron states that this is a form of active meditation, a brain and emotion outflow of longhand writing that clears the mind of all its clutter. It allows for a written release of the anxiousness in our mental and spiritual background. By taking the chance to vent, moan, or gripe will allow you to feel catharsis.



Through Morning Pages, we can create intimacy with ourselves and discover a road inward to our inner child.

Morning Pages are a form of prayer, creating presence, and can bring us closer to our subconscious, impulsive self.

They bring our dreams, hopes, disappointments, and pains to the forefront. Our lost self resurfaces with new ideas that free us from stagnation. They create optimism.

Artist's Dates

Artist's Dates are a solo undertaking to explore something that interests or excites us. Cameron stresses that we must do this alone. If not, the focus moves away from ourselves. We become conscious of the other person who accompanies us, and anything we might have received is stifled.

Artist's Dates are a form of play and self-care. They're inspirational and can create new vocations, hobbies, and interests.

They're a form of active meditation in which we can learn to cherish and enjoy solitude. We can make peace with our past. I've noticed some genuine benefits since starting these two practices for myself.

Morning Pages has allowed me to unload and process worries, mistakes, fears, and concerns that go through my mind and experience a substantial release.

Artist's Dates have been inspiring and have revealed new avenues of interest that I wouldn't have explored before. Through this and other work, my husband and I decided to start a podcast and blog to encourage people and families with any struggles they may be having. It's been incredibly fulfilling.

Check out Julia Cameron's book and workbooks. They're filled with anecdotes to encourage you to give the Morning Pages and Artist's Dates a try. It could be life-changing!

List of Artist's Dates ideas:

<https://theartistswayblog.wordpress.com/2010/10/17/101-art-ists-date-ideas/>

Resources:

<https://www.takingcharge.csh.umn.edu/how-do-thoughts-and-emotions-affect-health#:~:text=Negative%20attitudes%20and%20feelings%20of,can%20actually%20decrease%20our%20lifespan.>

<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentTypeID=1&ContentID=2171>

The Artist's Way by Julia Cameron





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Carditone® is a combination of extracts including Rauwolfia, which has been used traditionally to support blood pressure and support heart function. Carditone® is also noted for having calming properties, due to the inclusion of Convolvulus pluricaulis and rose powder. Terminalia arjuna is traditionally used to support heart health and has high levels of heart-healthy antioxidants; Tribulus terrestris and Boerhaavia diffusa are considered to support the kidney. Magnesium and the minerals contained in the coral support cardiovascular health by helping to maintain healthy levels of cellular and plasma electrolytes, including calcium and potassium. Energetically balanced using the wisdom of Ayurveda, Carditone® provides comprehensive cardiovascular support.

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CHECK YOUR HEALTH

March 7-11

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

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



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Keto Chicken Soup Hearty and Delicious!



Ingredients

1 Tbsp olive oil or butter
1 large yellow onion, finely diced
3 celery sticks, finely diced
½ leek, diced
1 Tbsp concentrated tomato paste
2 garlic cloves, minced
1 tsp salt
¼ tsp black pepper
1 zucchini (courgette), diced
½ cup (75g) rutabaga (swede) cut into small cubes
2 bay leaves
6 cups (1 ½ litres) chicken broth see notes for homemade!
1 lb (450g) chicken tenders (mini chicken breasts)
1 cup (90g) savoy cabbage finely diced
1 Tbsp lemon juice, or to taste
2 Tbsp parsley, chopped, plus extra to serve
Salt and pepper to season

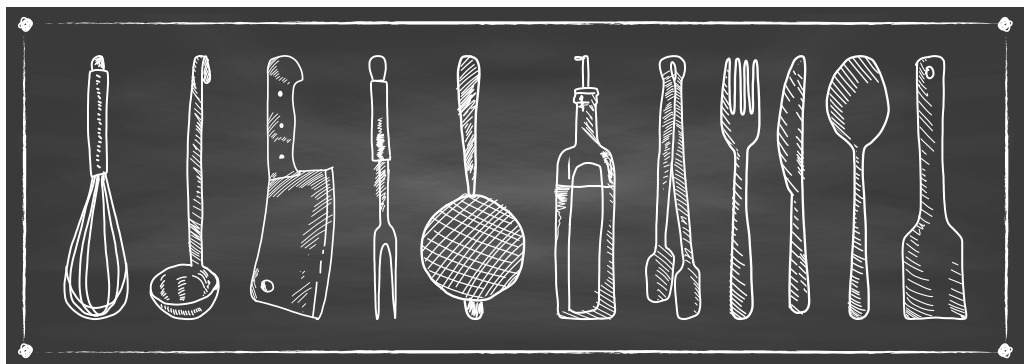
To Serve

4 Tbsp Parmesan grated
Lemon zest
A pinch of chili flakes (optional)
Olive oil to drizzle (optional)

Cooking Instructions

1. Heat the olive oil in a large pot over medium heat.
2. Sauté the onion, leek, and celery for about 5 minutes, stirring, until they begin to soften.
3. Add the minced garlic, salt / pepper and tomato paste, and sauté for another couple of minutes. Stir in the zucchini, rutabaga, and bay leaves.
4. Add the chicken broth and bring to a rolling boil. Reduce the heat to a simmer and add the chicken tenders. Cook with the lid on for 15-20 minutes, or until the chicken is cooked through.
5. Use tongs to pick out the chicken then shred using two forks.
6. Remove the bay leaves from the soup.
7. Use an immersion blender to blend the soup just enough for the soup to thicken.
8. Add the chicken and shredded cabbage and continue to cook for 5 more minutes.
9. Add lemon juice or apple cider vinegar to balance the acidity. Check the seasoning and add salt and pepper, to taste. Stir in some chopped parsley, reserving some to garnish.

Serve garnished with parsley, lemon zest, a pinch of chili flakes, and a little olive oil to drizzle.



Contact the Editor

Please send any comments or suggestions to

newseditor@riordanclinic.org

Thank you for reading.



**Kimberly
Romig**
Editor

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at Riordan Clinic,
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PATIENT STORIES

The Right Path

"I am so thankful I have found the Riordan Clinic. You are taking me on the right path to get the help I need. I am very thankful for my future health. Thanks for making me feel welcomed."

– Grace W.

Kind, Knowledgeable, and Thorough

"My consultation with Dr. Moffitt was far different than any other doctor experience. Kind, knowledgeable, and thorough with his patients!"

Loss for Words

"I am really at a loss for words at how appreciative I am for your advice and encouragement to start this therapy at the Clinic and to stay the course."

Grateful for Results

"When I came in for my appointment with Dr. Ron, I was at the end of my rope... Today after my IVC I feel like a new woman. The positive results were immediate. I am so grateful."

–Connie

LOOKING FOR MORE INFORMATION?

VISIT US ONLINE AT [RIORDANCLINIC.ORG](https://riordanclinic.org)





Real Health Podcast

Brought to you by the Riordan Clinic



The Latest Information and Top Experts
in Functional and Integrative Medicine

LATEST EPISODES



EPISODE 24

THE MICROBIOME, PART 1

Dr. Tereza Hubkova, MD

In this episode, Dr. Ron speaks with Dr. Tereza Hubkova about the microbiome: what it is, how it evolved, and ways it affects the body.



EPISODE 23

BREAST CANCER CONQUEROR

Dr. Veronique Desaulniers

In this episode, Dr. Ron sits down with Dr. Veronique Desaulniers, better known as Dr. V. She is the Founder of Breast Cancer Conqueror and the 7 Essentials Systems and is the Co-founder of My Breast Friend. Her signature process has empowered thousands of women in over 56 countries. Her mission is to “change lives, one breast at a time.” Dr. V has personally conquered breast cancer twice, giving her an empathetic perspective to understanding other women facing a healing journey.



EPISODE 22

CHIROPRACTIC ADJUSTMENTS

Dr. Traci Grandfield, NUCCA, DC, LMCFI

In this episode, Dr. Ron sits down with NUCCA Chiropractor Dr. Traci Grandfield. At Live Well Spinal Care, Dr. Grandfield focuses specifically on the upper cervical (the upper neck) region of the spine using NUCCA (“nu-kah”). NUCCA is an advanced, specialized Chiropractic technique that follows a proven method of measuring and correcting upper cervical misalignments with an extremely gentle and precise adjustment.



EPISODE 21

PATIENT EMPOWERMENT

Jenny Bradley and Dr. Lucas Tims ND, FABNO

In this episode, Patient Jenny Bradley sits down with Naturopathic Oncologist Dr. Lucas Tims to discuss what you as a patient can do to take control over your healing journey by using the power of hope to build a team of providers, counselors, and friends to empower your choices and stand as a third party to support you with your decisions.

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