



Riordan  
Clinic

# Health Hunters

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## Know Your Nutrient Levels To Best Manage Your Health

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#### AUTHOR

Dr. Ron Hunninghake, MD, CMO

Prevention is key to maintaining and restoring health. Since 1992, the Riordan Clinic has offered opportunities to measure your nutrient levels to help reduce the risk of chronic illness and the need for long-term care.

Now known as “Check Your Health,” the program was originally called “Beat The Odds” and developed by clinic Co-Founder Dr. Hugh Riordan, MD. He believed that individuals could improve their long-term health by increasing their understanding of the factors that are known to reduce the incidence of degenerative disease and slowing the aging process.

The next event will be held this month. Riordan Clinic is accepting appointments now for lab draws to be taken on weekdays from September 12-23. These simple tests take about 15 minutes for a quick blood draw. Please keep in mind when scheduling that all but one require fasting. Lab draws can be done at any of the three Riordan Clinic locations: Wichita, Hays, and Overland Park, and will be processed through the Bio-Center Laboratory in Wichita. Results will be available in approximately two to three weeks.

The “Beat The Odds” name was originally chosen because of the expectation that those who participate will, over time, have fewer diseases such as Alzheimer’s, arthritis, cancer, and heart disease than would be statistically predicted. Dr. Riordan’s goal was to reduce the incidence of degenerative disease to less than half of what would be expected in the general population. It was also expected that by slowing the process of aging, participants could enjoy greater vigor and productivity later in life than would be statistically predicted for the general public.

In the 30 years I have practiced nutritional medicine and worked with the Riordan Clinic’s nutritional testing program, there is nothing I have discovered that is more important than understanding your own individual nutrient levels. This is a cornerstone in building a personalized nutritional protocol, diet, and lifestyle that will strengthen and fuel your biochemistry.

The program has evolved over the years with the addition of educational programs, health fairs, changing lab profiles, and supplement sales, but the core of the program has been, and remains,

*Continued on pages 2 & 3*



Riordan Clinic is a world-renowned, academic medical center that has led the world in integrative oncology and complex chronic illness care since 1975. The Riordan Clinic was established as a 501 (c)(3) non-profit organization with missions in research, provider education, and patient education. The Health Hunter newsletter has been published since 1986 as an educational resource to providers and patients.



nutrient testing so participants can use the data to learn which nutrients they may be deficient in and how to replenish their nutrients as close to their ideal levels as possible. Prevention can catch hidden nutrient deficiencies long before they eventually manifest as illness.

The original Beat The Odds program offered one lab profile that tested key vitamins, antioxidants, and essential fatty acid levels. Those profiles have also evolved over the years. For this month's Check Your Health event, participants can choose from one of five profiles: Mega, Nutrition, Advanced Wellness, Basic Wellness, and Hormone. All were designed to accommodate different testing needs and price points. Our fall event pricing represents a discount of up to 45% off of the regular price.

An early review of the program in late 1994 showed a wide range of deficiencies in participants, and that continues to be true. A variety of things can contribute to nutrition deficiencies including poor diet, stress, digestive dysfunction, and chronic inflammation.

When giving presentations, I ask the audience what they believe is the most important nutrient. Some would often say vitamin C or D. In reality, the most important nutrient to each individual is the one they are lowest in, which can vary from person to person. Too frequently, people fail to eat a balanced diet, instead filling up on sugars and oxidated fats – what I call “anti-nutrients.” People are often eating more food, but it is less healthy and provides less nutrition, and the digestive system is not absorbing and metabolizing what nutrients are consumed.

You can also think of your nutrients being tested as analogous to your vehicle's fuel gauge monitoring your gas reserves. Sometimes one or two people in the audience at presentations would admit to running out of gas sometime in the last year. I compare nutrient testing to the fuel gauge because it helps you know how to prevent a problem. When it says your gas is low, you take action, and it helps you avoid a problem. Nutrient testing works the same way. If you know what you are low in, you can take action to correct it before it becomes a problem.

Dr. Riordan defined health as having the reserves to do what you need to do and want to do with enthusiasm. If you don't know what your reserve is, you are more likely to run out of gas.

I encourage participants to repeat and compare their Check Your Health results. Several participants return each year to ensure that their current care plan is still on track. You aren't the same person from year-to-year. All kinds of things can happen to a person in the course of a single year, such as illness, stress, and environmental changes.

Education is an important component of the Check Your Health program. Join me for the return of the popular Lunch and Learn event at noon on September 15th, in person at the Wichita clinic and virtually via our social media channels. I will discuss “Measure to Manage – Know Your Nutrients” and further explain the importance of measuring your nutrient levels and the impact it can have on your health. There is no cost for the program, and lunch will be provided for in-person attendees. Reservations are required and may be made online at <https://riordandclinic.org/check-your-health/> or call 316-927-4791.

All of our lab profiles for the September event include an optional appointment with a provider to discuss results, with either Mike





# LUNCH AND LEARN RETURNS!

## MEASURE TO MANAGE — KNOW YOUR NUTRIENTS



**Presenter:** Chief Medical Officer Dr. Ron Hunninghake, MD

**Date:** Thursday, September 15, 2022

**Time:** Noon to 1:00 pm

**Where:** In person at the Wichita clinic and virtually on Riordan Clinic's social media channels

**Cost:** Lunch is provided. Donations to support our educational programs are welcome.

Space is limited. Register early.

**IN-PERSON  
REGISTRATION  
REQUIRED!**

Prevention is key. Be proactive and check your nutrient levels during the Riordan Clinic's Check Your Health event this September. Appointments for lab draws are being taken now. The results will empower you with the knowledge to identify potential nutrient deficiencies and help prevent illness and chronic disease.

**Did you know?** The Riordan Clinic's lab testing event turns 30 this year.

**Did you know?** Nutrient deficiencies have been shown to suppress immune system function, which can lead to chronic disease.

**Did you know?** Participants in all five of this year's lab profiles have access to one of Riordan Clinic's providers to discuss their lab results as part of the cost of their profile.

**Did you know?** You can make appointments at any of the Riordan Clinic's three locations for your lab draw.

**REGISTER ONLINE ▶  
OR CALL  
316-927-4791**



*In my 30 years of practicing nutritional medicine, there is nothing I have discovered that is more important than understanding your own individual nutrient levels. This is a cornerstone in building a nutritional protocol, diet, and lifestyle that will strengthen and fuel your biochemistry,*  
— Dr. Ron Hunninghake, MD



Shaw, PA-C, ABAHP, or Laura Vasquez, MSN, APRN, NP-C. That visit can be done virtually or in person in Wichita or Overland Park. The Mega, Nutrition, and Advanced Wellness Profiles will include a 60-minute appointment, and the Basic Wellness and Hormone Profiles include a 30-minute appointment. Call 316-682-3100 to schedule an appointment with Mike Shaw or 913-745-4757 to schedule an appointment with Laura Vasquez.

Any individual who is taking supplements or considering supplements should test their nutrient profile to ensure that they are having a desired impact on nutrient levels. Cancer is one of the diseases that Dr. Riordan believed could possibly be prevented by regularly checking your health. The Terrain 10 approach to integrative cancer care follows that belief, and "Test, Assess, Address, Don't Guess," can be applied to nutrient supplementation as well.

The Nutrient Store will also offer discounts during September. A 25% discount on all supplements and other products will be offered from September 19-23. All participants in the lab profiles will also be given a coupon for 25% to use later when your lab test results are available.

Please see page 5 for a description of each of the five lab profiles available this month. Prevention is key ... Check Your Health.

## NUTRIENT SALE SEPTEMBER 19-23



### THREE WAYS TO ORDER ▶▶▶▶



Online  
store.riordanclinic.org



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OUR MOST COMMON QUESTIONS.



# Check Your Health Keeps Bio-Center Lab Staff Busy



AUTHOR

Melody Spurney



Medical Laboratory Scientist Julie Abel, MLS (ASCP)<sup>CM</sup> looks at blood samples with a microscope in the Bio-Center Laboratory.

The Bio-Center Laboratory is the testing hub for all Riordan Clinic testing, including the Check Your Health lab profiles, and September is a busy month for lab staff.

Lab Manager Karen Moore, MLT (CSMLS), said the lab will be extra active late this month as samples arrive from Check Your Health lab draws in Wichita, Hays, and Overland Park. She worked with clinic providers to create this year's five lab profiles: Mega, Nutrition, Advanced Wellness, Basic Wellness, and Hormone. She said that the Mega, which is the largest and most complete profile offered during Check Your Health, includes more than 75 unique tests that are done in the Bio-Center Lab. During the spring Check Your Health event, the Bio-Center Lab staff completed approximately 3,400 unique tests.

After a patient's lab is drawn in Wichita, Hays, or Overland Park, it is delivered to Wichita, where a phlebotomist processes it according to the procedure for a specific test. It is then taken to the Bio-Center Lab scientists. Specimens that are time sensitive are

processed immediately, others are stored and processed in batches to increase efficiency. During Check Your Health, participants typically receive reports in two to three weeks.

Medical Laboratory Scientist Julie Abel, MLS (ASCP)<sup>CM</sup>, said the week after collection is usually the busiest when lab scientists run batches of tests for the Check Your Health participants. Lab scientists have specific education in order to troubleshoot various instrument and patient-specific scenarios to provide reliable results.

There's more to testing than simply putting a test tube of blood into a machine. Medical Laboratory Scientist Melissa Ortiz, MLS (ASCP)<sup>CM</sup>, said that the lab scientists process samples for high complexity testing that requires extra steps, such as separating plasma from red blood cells, to refine the sample.

Results are reviewed for quality, taking into consideration a number of things, including, whether or not the specimen was collected properly, if it matches previous test results if they are available, if a machine is working properly, or if the patient is taking any medications or supplements that might affect the result. Karen said that temperature and packaging can affect the quality of a sample. In cases when the specimen isn't properly packaged it will be rejected. She recalled one memorable sample that was required to be kept cold and arrived packaged with a bag of frozen peas.

## A Unique Lab

Like the Riordan Clinic, the Bio-Center Lab was founded in 1975. It has been a key foundation of the clinic's treatment strategies and research. The lab and its five full-time ASCP certified medical lab scientists provide services for Riordan Clinic patients and serves as a reference lab for clinics and physicians throughout North America. In-house research has led the Bio-Center Lab to develop specialized tests and methodologies that are unique to the lab that will yield the most clinically significant results.

Lab specialties include clinical analysis of nutritional levels, testing for pyrroles, vitamin C, glutathione, B1, B2, B6, and analysis of amino acids, fatty acids, and trace minerals. The lab offers more than 100 unique types of tests, and in 2021 performed a total of nearly 40,000.

The Bio-Center Lab is a Clinical Laboratory Improvement Amendments (CLIA)-certified lab that has been certified since 1976. Karen said she enjoys the variety of work at the lab, as well as the hours and location.

"The lab is small, but the tests are varied. There's always something new happening," she said.

Julie agreed that the specialized tests and the unique instrumentation are some of the things she enjoys about working for the lab. She also said that she likes the family atmosphere that exists with co-workers.

"Everyone at the lab and at Riordan Clinic work together because we want our patients to thrive in life," she said.

# ADVANCING HOPE, HEALING & HEALTH

THE FALL CHECK YOUR HEALTH EVENT OFFERS FIVE PANELS DESIGNED FOR DIFFERENT HEALTH ISSUES AND GOALS AT VARYING PRICE POINTS:

## HORMONE PROFILE

This profile would be good for any male or female experiencing hormone-related symptoms such as menopause, hot flashes, vaginal dryness, low libido, and night sweats for women and low libido, loss of energy, strength, and stamina in men. Anyone in his or her mid-30s or older experiencing any of these symptoms should consider this profile.

**Sale price: \$475** (Regular price: \$830)

## BASIC WELLNESS PROFILE

This profile measures key elements to being healthy at the cellular level. It includes vitamin D, magnesium, thyroid measurements, a lipid panel, and hemoglobin A1c. A1c goes beyond the conventional glucose test, which reads blood sugar levels only at the time of the test. A1c shows how the body handles glucose for a longer term, approximately three months, to provide a more complete picture. Magnesium is another test that is not often included in conventional blood tests but is critical to the functioning of many body systems. Hs-CRP measures low emanating inflammation of the vessel wall which over time can harden arteries. This profile is an entry-level look at key health markers and would offer diabetics or pre-diabetics a look at how well that disease is being managed.

**Sale price: \$405** (Regular price: \$716)

## ADVANCED WELLNESS PROFILE

This profile includes all of the elements of the Basic Wellness Profile and adds additional vitamins including A, several Bs, fatty acids, such as Omega 3 and 6, and Coenzyme Q10, which is an important enzyme for skeletal and cardio health. Statins also deplete Coenzyme Q10, making this panel a good consideration for anyone taking cholesterol-lowering medication. It is also a good choice for those who want more information about their nutrient levels.

**Sale price: \$960** (Regular price: \$1,755)

## NUTRITION PROFILE

This profile is good for someone taking vitamins and supplements and trying to eat well and who wants a comprehensive look at how their body is responding to those efforts. This profile tests many vitamins, minerals, and trace elements that are crucial to key functioning. This profile is similar to the Advanced Wellness Profile, includes more tests, but does not include glucose or hemoglobin A1c.

**Sale price: \$1,235** (Regular price: \$2,233)

## MEGA PROFILE **BE\$T VALUE!!!**

This profile is the most comprehensive analysis of nutritional and overall wellness. It offers **more than 75 tests**, incorporating and expanding on the tests included in all other panels. It provides the most complete analysis of wellness and deficiencies that can lead to chronic illness if left unresolved.

**Sale price: \$1,940** (Regular price: \$3,500)



# Nutrient Sale Brings Steady Growth in Orders



AUTHOR

Melody Spurney



The Riordan Clinic shipping department becomes a jungle of boxes in preparation for the Nutrient Store Sale, which is scheduled for September 19-23.

The sale, which is held in the spring and fall in conjunction with the Check Your Health event, offers customers a 25% discount on Nutrient Store supplements and other products.

Nutrient Store Manager Megan Neathery, MSM, said the sale dramatically increases the volume of shipments and sales. A weekly average for Nutrient Store shipments is about 80, she said. During the Nutrient Sale, that number can jump to 100 shipments per day. In addition to shipments, sales also occur at each of the Riordan Clinic's three locations in Wichita, Hays, and Overland Park, pushing total sales for the event to more than 1,000 for the past few years. Preparation for the Nutrient Sale begins weeks in advance in Wichita as shipping assistant Cheryl Snook begins saving boxes and other supplies for shipping to customers and the other clinics. Megan evaluates current inventory and previous sale trends to order product from vendors to have on hand for shipping and to send to the other clinics for their in-store inventory. The Post Office is also notified because the volume of boxes is so big that the carrier must either make a second trip each day or bring a larger vehicle to collect them.

Megan said it takes a total of 12 to 18 people, including clinic staff and volunteers, to answer phones, fill orders, staff the clinic's store, and prepare orders for shipping. Staff in the front office in Dome 1 in Wichita help answer phones and staff the store, maintenance staff helps fulfill shipments along with Nutrient Store staff, and 4-6 volunteers also assist with filling orders and packing shipments. Nutrient Store staff, and sometimes volunteers, will work during the weekends before and after the sale to complete online orders. Megan said that the goal is to ship an order within two days of the request, and ideally one day when possible.

Megan said that while she has had some trouble with timely response from vendors for some of the popular supplements, she expects those will be resolved in time for the Nutrient Sale. Supply chain issues have not been much of a factor.

Megan said the Nutrient Sale has evolved during the 8½ years she has worked for the Riordan Clinic. She started her position in March of 2014 and experienced her first Nutrient Sale just two weeks later. She recalled a steady growth in distinct orders, saying that about 700 were filled in the spring of 2016 and clinic staff had to manually enter online customers' payment information. Improved technology and a focus on online sales has contributed to the steady increase in orders, which now tops 1,000.

Megan likes the busy pace of the sale and the opportunity to get to work with people and departments throughout the clinic.

"I like the hustle and bustle. It's something different, and there's a sense of accomplishment at the end," she said.

Customers are encouraged to place orders online at <https://store.riordanclinic.org/>, and discounts are also available online only on the weekends before and after sale dates. Orders can also be placed on weekdays during the sale in-person at any Riordan Clinic or by calling 800-447-7276 x1464.



# Black Bean & Salmon Tostadas

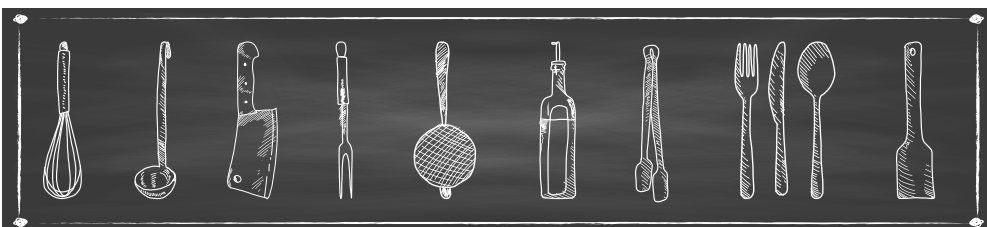


## INGREDIENTS

- 8 (6-inch) corn tortillas
- Olive oil cooking spray
- 1 (6- to 7-ounce) can boneless, skinless wild Alaskan salmon, drained
- 1 avocado, diced
- 2 Tbsp minced pickled jalapeños, plus 2 Tbsp pickling juice from the jar, divided
- 2 cups coleslaw mix or shredded cabbage
- 2 Tbsp chopped cilantro
- 1 (15-ounce) can black beans, rinsed
- 3 Tbsp reduced-fat sour cream
- 2 Tbsp prepared salsa
- 2 scallions, chopped
- Lime wedges (optional)

## COOKING INSTRUCTIONS

1. Position racks in upper and lower thirds of the oven; preheat to 375 degrees.
2. Coat tortillas on both sides with cooking spray. Place on 2 baking sheets. Bake, turning once, until light brown, 12 to 14 minutes.
3. Combine salmon, avocado, and jalapeños in a bowl. Combine cabbage, cilantro, and the pickling juice in another bowl. Process black beans, sour cream, salsa, and scallions in a food processor until smooth. Transfer to a microwave-safe bowl. Cover and microwave on high until hot, about 2 minutes.
4. To assemble tostadas, spread each tortilla with bean mixture and salmon mixture and top with the cabbage salad. Serve with lime wedges, if desired.



## Contact the Editor

Please send any comments or suggestions to [marketing@riordanclinic.org](mailto:marketing@riordanclinic.org)  
Thank you for reading.



Melody  
Spurney  
Editor

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## Real Health Podcast

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The Latest Information and Top Experts  
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### LATEST EPISODES



#### EPISODE 40 FUNCTIONAL APPROACH TO AUTOIMMUNE DISEASE

Dr. Tereza Hubkova, MD

Dr. Ron Hunninghake, MD, welcomes Dr. Tereza Hubkova, MD, to discuss the whole-body approach to the diagnosis and treatment of autoimmune diseases as well as some potential causes for the conditions. They also discuss how patients can use diet, lifestyle choice, and environmental changes to help ease symptoms and prevent or delay autoimmune diagnosis.



#### EPISODE 39 THE TRIFECTA WITH DR. NASHA WINTERS

Dr. Nasha Winters, ND, FABNO

Dr. Ron Hunninghake, MD, welcomes Dr. Nasha Winters, ND, FABNO, to the Real Health Podcast. In this episode, Dr. Winters explains her roots at the Riordan Clinic and her own experience with a stage 4 ovarian cancer diagnosis when she was in college. She beat the odds of survival and co-founded the Metabolic Terrain Institute of Health.

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