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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.

Riordan Clinic Welcomes Dr. Stacy Dunn to its Overland Park Location

Dr. Stacy Dunn, ND, LAc, FABNO, FABORM, brought unique skills and credentials to Overland Park when she joined the Riordan Clinic on July 31.



AUTHOR

Melody Spurney

The credentials behind Dr. Dunn's name reveal a combination of specialties that include naturopathic care, acupuncture, integrative oncology, and fertility and women's health care. She is a key addition to our integrative oncology team that also includes Dr. Ron Hunninghake, MD; Dr. Kirsten West, ND, LAc, FABNO; and Laura Vasquez, MSN, APRN, NP-C.

Dr. Dunn has worked in the health, nutrition, and fitness field for more than 25 years. She began her path into healthcare at the University of Kansas where she earned a bachelor's degree in Exercise Physiology.

She initially thought she would follow a conventional path to medicine as an orthopedic surgeon. After a conventional shadowing experience, she realized that while she was still interested in a career in medicine, she wanted to take a different path. A friend suggested she consider the National University of Natural Medicine in Portland, Oregon, the oldest accredited naturopathic medical college in North America. While there, she embarked on a six-year graduate program from which she earned her Doctorate in Naturopathic Medicine and a Master of Science in Oriental Medicine.



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“I wanted a deeper connection with patients and to care for them more holistically,” Dr. Dunn said of her decision to pursue a degree in naturopathic medicine.

From there, Dr. Dunn specialized in both integrative oncology and women’s health and fertility. She holds double board certification and is a Fellow of the American Board of Naturopathic Oncology (FABNO) and is a Fellow of the American Board of Oriental Reproductive Medicine (FABORM).

“I have always been interested in taking care of people and helping them feel better,” she said.

Dr. Dunn’s interest in acupuncture began at the National University of Natural Medicine, where an introduction to acupuncture course was required. She connected with the concept, and added a master’s degree to her studies.

“I fell in love even more with the holistic approach,” Dr. Dunn said of her experience with acupuncture, adding that she sought acupuncture treatment for herself, as well.

Midwestern Roots and Riordan Connections

Dr. Dunn is a native of Oklahoma, and she said that returning to the Midwest is one of the things that made the Riordan Clinic an attractive destination. While she grew up in Oklahoma, she spent a few years in Wichita during high school and is familiar with the area.

After graduating from the National University of Natural Medicine, Dr. Dunn returned to the Midwest and began practicing in Dallas as the owner of a naturopathic and Chinese medicine clinic, where she offered acupuncture and naturopathic care for a variety of conditions including digestive disorders, women’s health and infertility, endocrine dysfunction, autoimmune conditions, and integrative cancer care.

Dr. Dunn said that she was drawn to integrative oncology in part because of her family’s history of cancer diagnosis, and also because of the number of her patients in Dallas who were coping with a cancer diagnosis.

“I was interested in oncology because I have a strong family history of cancer, and when I started practicing in Dallas, those were the patients who came to me. Caring for them was really meaningful,” she said.

After five years in Dallas, Dr. Dunn moved to Philadelphia, Pennsylvania, and worked as a naturopathic oncology consultant at the Cancer Treatment Centers of America. It was there that she truly integrated her oncology practice, working extensively with conventional practitioners including radiation oncologists, surgeons, hospitalists, nursing staff, psychologists, and dietitians to improve patient safety and quality of life.

Dr. Dunn believes strongly in the body’s inherent ability to heal, and she works alongside her patients, encouraging them to take an active role in their health.

In Pennsylvania, Dr. Dunn was supervisor for Dr. Kirsten West,

ND, LAc, FABNO, during her residency. Dr. West joined the Riordan Clinic last year and recently celebrated her one-year anniversary.

“It’s hard to believe that I have known Dr. Dunn for over 10 years now. She was my attending at Cancer Treatment Centers of America while I was in residency. In short time, she became a friend and is now a colleague and also a dear friend. I am thrilled to welcome her to Team Riordan as we work together to create a positive and lasting change in the practice of integrative oncology for our patients,” Dr. West said.



Dr. Dunn returned to the Midwest in 2012. She continued her tenure with the Cancer Treatment Centers location in Tulsa. She also worked with Tulsa Spine and Rehab as a naturopathic doctor and acupuncturist. She served as Director of Acupuncture for a year at Pulling Down the Moon in Chicago before accepting her most recent position at Pacific Integrative Oncology and Tiny Dragon Acupuncture in Eugene, Oregon, in 2017.

Help for Women and Families

In addition to her work in integrative oncology, Dr. Dunn uses her training and experience to help grow families. While in Chicago, she oversaw one of the first multidisciplinary, holistic practices dedicated to fertility and pregnancy.

Dr. Dunn said acupuncture can assist with a variety of treatments, including stress and hot flashes, and it is well known to be beneficial for infertility.

She said that helping people to start or grow their families is something she is passionate about.

“It is meaningful to help someone have a family. Fertility treatments can be really stressful, but there’s so much we can do to support the process,” she said.

Settling In

Dr. Dunn has relocated to the Overland Park area with her husband, James, and daughters Amelia and Lola, who will continue high school in Kansas.

Dr. Dunn enjoys kayaking and hiking. The family enjoys watching lacrosse, volleyball, and music theater as well as watching Marvel movies and playing Mario cards.

She said the family is looking forward to getting to know the Kansas City area better and getting to know more about the community and cultural opportunities.

Clinical Services Director Named a Health Hero

Krystal Dinkel, RN, Riordan Clinic's Director of Clinical Services, was named a 2023 Health Care Hero in nursing by the Wichita Business Journal.

The award recognizes nurses who "show exemplary performance in their patient care and satisfaction," according to the Business Journal's eligibility requirements.

Krystal was nominated for the award by Amanda Lee, NCMA, AAS, who joined the clinic in 2015 while still in phlebotomy training, just two weeks after Krystal.

Amanda said she nominated Krystal because she knew immediately after joining the clinic that Krystal was destined to do great things and that she was a good fit for the clinic.

"She is so dedicated to the patients and to health in general. I look up to her both personally and professionally, and watching her growth at the clinic has been phenomenal," Amanda said.

Krystal has been in nursing for 27 years. She joined the Riordan Clinic staff in April of 2015 and has been in her role as Director of Clinical Services for two years. She told the Business Journal that she decided in seventh or eighth grade she wanted to be a nurse.

She has lived in Wichita virtually all her life and said she stays because the city



is the right size for her and it offers good options for health care, entertainment, and healthy food.

She told the Business Journal that she loves teaching and mentoring new staff in her role as Director of Clinical Services.

She also enjoys looking for ways to make the clinic run more efficiently and improve and standardize processes.

Krystal was honored at the Health Care Heroes banquet on June 27 at the Hyatt Regency in Wichita, Kansas.

Dr. Ron and Dr. West Present to WSU Students



Dr. Ron Hunninghake, MD, and Dr. Kirsten West, ND, LAc, FABNO, were invited to speak on June 29 to a class of Wichita State University students at the Old Town location.

The half-day presentation was made to Physician Assistant students enrolled in an introduction to functional medicine course. Approximately two dozen students attended.

Dr. West and Dr. Ron discussed integrative medicine in general, and integrative oncology. They also provided the students with a brief overview of Riordan Clinic's philosophy and care model.

Back-to-School Can Inspire Healthier Routines

It's the time of year again when children transition from long, leisurely days to bedtimes and schedules.

Healthy kids learn better, and that doesn't stop with carrot sticks instead of chips in their lunch boxes. According to the Colorado Department of Education, health risk behaviors such as substance abuse, violence, physical abuse, and an unhealthy processed diet are consistently linked to academic failure and affect students' school attendance, grades, test scores, and ability to pay attention in class.

Parents can take an active role in their child's health. Students can also participate in their own wellness. The Centers for Disease Control (CDC) offers the following suggestions:

For Parents:

- Be involved in school health activities. Attend classes on health topics when possible, volunteer to support health activities, communicate with the school about health issues and policies, and reinforce lessons taught at school.
- Help your school implement a wellness policy that focuses on nutrition education,

foods and beverages sold at school, physical activity, and physical education.

- Ask the school to provide educational opportunities to learn about the connection between health and academic achievement.

- Join a group, such as a Parent Teacher Association or school wellness council, that helps support a healthy school environment.

For Students:

- Participate in a community or student-led health-related committee.
- Learn why eating healthy and staying active is important and share it with classmates.
- Form or join small groups for physical activity before or after school or on weekends. [2]

WSCC Model

The Whole School, Whole Community, Whole Child (WSCC Model) is a student-centered framework for addressing health in schools. It emphasizes the role of community support for the school, connections between health

and academic achievement, and the importance of evidence-based school policies and practices. It encompasses all aspects of community health, including students, educators and support staff, families, and the community at large. [3]

The 10 components:

- Physical education and activity
- Nutrition environment and services
- Health education
- Social and emotional climate
- Physical environment
- Health services
- Counseling, psychological, and social services
- Employee wellness
- Community involvement
- Family engagement [3]

Importance of Sleep

Getting consistent sleep is vital for children and adolescents whose brains are developing. Without enough sleep, students can have problems not only with





attention, memory, and problem-solving. It can also contribute to emotional issues and behavior problems that can impact the classroom and home. [4]

KidsHealth.com recommends 10-13 hours for preschoolers (including naps), 9-12 hours for school-age children, and 8-10 hours for teens. [5] A poll reported by the Sleep Foundation showed data indicates more than 57% of middle schoolers and 72% of high school students weren't sleeping enough based on age guidelines. Common causes include an inconsistent sleep schedule, excessive use of electronic devices, sleep disorders, or other health conditions such as ADHD, autism, depression, and anxiety. [4]

The National Education Association reported several studies that found compelling reasons for schools to push their start times up to an hour later, recommending that schools not start before 8:30 a.m. One study from Seattle found students slept an average of 34 more minutes than average each night and had final grades that were 4.5 percent higher compared to schools that didn't make the change. [6]

The review cited one of the study's co-authors who acknowledged that later start times can be a significant policy shift, but that K-12 teachers also benefit. [6]

Food for Thought

Keeping children active and well-fed is important for both parents and schools. Between 2017 and 2020, the obesity rate was 19.7 percent, affecting about 14.7 million children and adolescents. [7]

In Conclusion

If you've gotten a little off track during the summer, back to school may be a good time to revisit a routine – or start a new one!

RESOURCES

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Snack Time!

If the kids are asking for a snack, here are some ideas for healthier options:

- **Hummus:** Serve with vegetables or pita chips. Make them at home with wheat pita, split, spread with olive oil, and bake at 425 degrees for 5-10 minutes. These brown quickly.
- **Turkey and Apple Wraps:** Cut a Granny Smith apple into 16 wedges, top with 4 ounces of cheddar cut into 16 pieces, and thinly sliced turkey cut into 16 strips. Serve with dip of 1/4 cup plain yogurt and 1-2 teaspoons of Dijon mustard.
- **Cucumber Blueberry Smoothie:** 1 medium peeled and seeded cucumber, 1 cup frozen blueberries, 1 cup white grape or pear juice, 1/2 cup low-fat yogurt. Blend all ingredients. Serves 2.
- **Ants on a Log:** Top 2 celery stalks with 3 tablespoons cream cheese and 1/4 cup small dried fruit. Serves 4.
- **Frozen Fruit Salad:** Put an assortment of your favorite fruit in the freezer for an hour for a warm weather treat.
- **Nut Butter English Muffins:** Split muffins and top each half with nut butter to taste. Top with sliced banana.
- **English Muffin Pizza:** Split a muffin and top with marinara sauce, sliced fresh Mozzarella, and dried oregano to taste. Bake plain muffin halves at 400 degrees for 10 minutes. Add sauce and cheese. Bake additional 6-8 minutes. Add oregano.

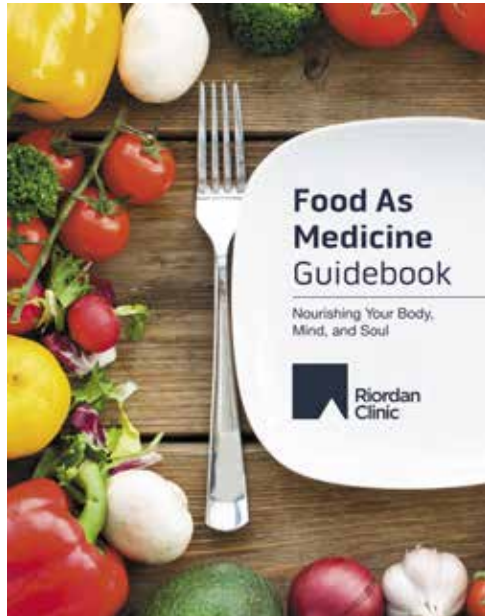
New Food as Medicine Guide Launches This Month

In August, Riordan Clinic will add a new way for our co-learners to interact with our website and expand knowledge of using food to heal. The online guidebook, “Food As Medicine: Nourishing Your Body, Mind, and Soul,” will be introduced this month.

This 42-page guidebook will cover a variety of topics and includes more than a dozen recipes. It will be offered as a viewable or downloadable PDF at no charge. In its introduction, it explains that the traditional use of the word “diet” has conditioned us to think first about food restrictions. Instead, it suggests being mindful about what we consume and to thoughtfully include foods that help optimize our body’s function.

There are recommendations to get you started — but they are simply that — recommendations. As always follow the guidance of your provider who knows your personal needs. The guide explains the importance of avoiding or limiting food that increases inflammation, which can trigger or worsen conditions such as cancer and metabolic syndrome. It also recommends avoiding ingredients that contribute to our body’s toxin burden. Remember, there is no one-size-fits-all approach to eating, especially when dealing with a medical condition.

In absence of specific, personalized testing, Riordan Clinic providers often recommend a Mediterranean-style diet that is lower in carbs, includes lean meat, whole foods, high-quality fats, herbs,



spices, and colorful vegetables. It also offers reasons and recipes to help guide you.

The guide discusses food sourcing and includes a colorful list of the “Dirty Dozen,” crops that are heavily treated with pesticides and should be purchased in organic form whenever possible. It also features the “Clean 15,” which are generally considered to be crops that are least likely to contain pesticide residues.

When it comes to organic, it features a section explaining what the term organic means as it applies to food and outlines four specific benefits of choosing organic.

Reading labels can be confusing as

well. This guide explains the differences between a variety of labels.

100% Organic: Every ingredient used must be completely organic. This is the only variety that can display the USDA seal.

Made with organic ingredients: Product must be at least 70% organic and cannot display the organic seal.

Contains organic ingredients: Product is made with less than 70% organic ingredients.

The guide also explains the differences between labels that are specific to meat and dairy.

There is a section recommending specific chemicals to avoid because they have questionable chemicals that are either understudied or suspected to be toxic. The list includes foods that the chemicals are often found in.

Now the fun part! Put the knowledge to use in your kitchen. The guide includes multiple recipes. There are several options for breakfast, lunch, dinner, snacks, and desserts. They have specific, easy-to-follow directions, photos, and variations and tips when applicable.

The guide will be available to view or download soon at the Riordan Clinic’s website, riordanclinic.org/free-downloads/. Watch for an announcement on social media or your email inbox.



Summer Quinoa Bowl with Basil Vinaigrette



QUINOA INGREDIENTS

1/2 cup cooked quinoa
Torn arugula or other greens
1 peach, sliced
1/3 fresh, raw sweet corn kernels

3 small tomatoes, any color variety
1/3 cup sliced cucumbers
1/2 avocado sliced
Salt and pepper to taste
Basil Vinaigrette for serving (recipe follows)

QUINOA DIRECTIONS

1. Place the arugula or greens in a medium bowl. Top with quinoa, peaches, corn, tomatoes, cucumber, and avocado.
2. Drizzle with basil vinaigrette and season with salt and pepper, to taste. Serve immediately.

DRESSING INGREDIENTS

2 cups packed basil leaves
1 clove minced garlic
2 Tbsp minced shallot
2 tsp fresh lemon juice

2 Tbsp white balsamic vinegar or red wine vinegar
1 tsp salt
1/2 cup olive oil
Freshly ground pepper to taste

DRESSING DIRECTIONS

1. Place basil leaves and remaining ingredients in a blender or food processor.
2. Blend until smooth. Taste and season with additional salt and pepper, if necessary. Note: The vinaigrette will keep in a jar or container in the fridge for up to five days.

Contact the Editor

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



Melody Spurney
Editor

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EPISODE 63
CELEBRATING THE LIFE AND LEGACY OF OLIVE W. GARVEY
Ann Garvey, Olive W. Garvey's Granddaughter
In this episode of the Real Health Podcast, Ann Garvey, granddaughter of Clinic Co-Founder Olive W. Garvey, sits down with Dr. Ron Hunninghake, MD, Chief Medical Officer, to remember her grandmother and the role she played in establishing the Clinic in recognition of the anniversary of her grandmother's birth.



EPISODE 61
USING GENETICS TO GUIDE HEALTH CHOICES
Kashif Khan, CEO of the DNA Company and author of The DNA Way
In this episode of the Real Health Podcast, Dr. Ron Hunninghake, MD, Chief Medical Officer, and Kashif Khan, author and CEO of the DNA Company, discuss how understanding your personal functional genetics can help guide individual health choices.

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