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Inside this Issue

HONORING DR. CHARLES T. HINSHAW:

A Legacy of Dedication,
Kindness, and Vision

Glühwein Wine MOCKtail

A Holiday Recipe From
Remission Nutrition

HOLIDAY HOURS

HAPPY NEW YEAR!



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.



HONORING DR. CHARLES T. HINSHAW, JR. JANUARY 31, 1934 - OCTOBER 12, 2024

A Legacy of Dedication, Kindness, and Vision



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The December issue of Health Hunters is dedicated to honoring the life and legacy of Dr. Charles Theron Hinshaw, Jr., who passed away peacefully on October 12, 2024. Dr. Hinshaw's contributions to the Riordan Clinic, as well as his kindness and dedication, left an indelible mark on everyone who knew him. Through his leadership of the Bio-Center Laboratory, his professional achievements, and his warm and adventurous spirit, Dr. Hinshaw impacted lives in countless meaningful ways.

A Life of Excellence and Service



Born on January 31, 1932, in Wichita, Kansas, to Charles Hinshaw, Sr., and Mary Gwyn Whiteman Hinshaw, Dr. Hinshaw demonstrated an exceptional commitment to education, service, and family from an early age. He graduated from

the University of Kansas with both his undergraduate degree and medical doctorate, achievements that set the stage for a long and impactful career. A proud veteran, he served as a flight surgeon in the U.S. Air Force, an experience that undoubtedly strengthened his resolve to help others and fueled his dedication to medical science.

Dr. Hinshaw's professional accomplishments were remarkable. He played pivotal roles as a pathologist in both Hutchinson and Wichita, serving as President of the Kansas Society of Pathologists, Secretary of the Advisory Council to the American Society of Clinical Pathologists, and President of the American Academy of Environmental Medicine. These leadership positions reflected his commitment to advancing the field of pathology and fostering collaboration among his peers.

Outside of his work, Dr. Hinshaw cherished his family, friendships, and hobbies. Whether enjoying a game of tennis, hitting the golf course, or dining at his favorite restaurants, he lived life with enthusiasm and grace. Time spent in Vail, Colorado, was particularly special to him, as it combined his love of nature with quality moments shared with loved ones.

A Fateful Meeting and the Birth of a Vision

Dr. Hinshaw's journey with the Riordan Clinic began with an unexpected encounter that would shape the future of the clinic. On January 29, 1968, at a Kansas Day dinner in Topeka, Dr. Hinshaw met Dr. Hugh Riordan in a moment of serendipity. When an attendee suffered a medical episode, an announcement called for a doctor in the room. Among a crowd filled with medical professionals, it was only Dr. Hinshaw, a pathologist, and Dr. Riordan, a psychiatrist, who stepped forward to help. The man's condition was initially feared to be a heart attack, but Dr. Riordan correctly diagnosed the issue as an inner ear problem affecting his balance.

This shared moment of action and medical expertise sparked a friendship. Dr. Riordan saw in Dr. Hinshaw not only a skilled physician but also a kindred spirit who shared his passion for innovative approaches to healthcare. When Dr. Riordan began envisioning a new nutritional research laboratory, what would become the Bio-Center Laboratory, he knew Dr. Hinshaw was the ideal person qualified to step into the role of director.

Building the Bio-Center Laboratory

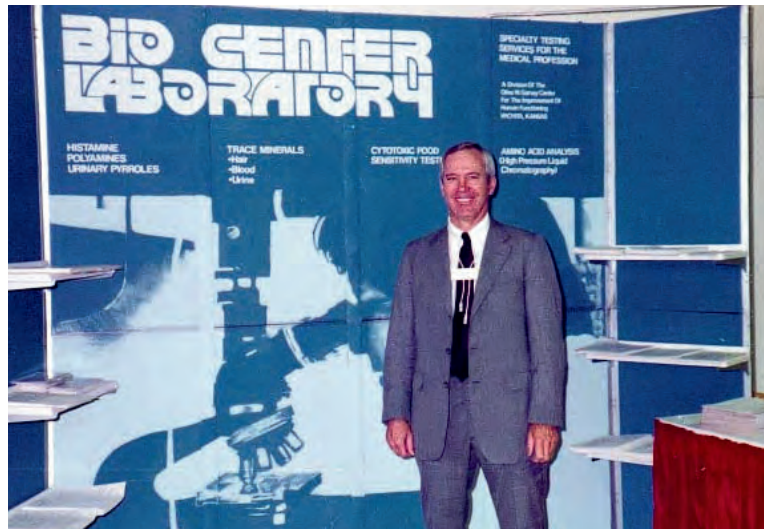
The early days of the Bio-Center Laboratory were marked by ingenuity, collaboration, and a deep sense of purpose. Dr. Hinshaw brought his expertise as the director of a laboratory in Hutchinson, Kansas, to this new venture, helping to lay the foundation for what would become a cornerstone of the Riordan Clinic.

Dr. Riordan and Dr. Hinshaw faced many decisions as they began this ambitious project. They needed to find a location for the lab, acquire essential equipment, and determine whether to apply for certification from the Centers for Disease Control. Their

search led them to a building at 3715 East Douglas, a former doctor's office that could be easily adapted to house the lab.

To furnish the lab, they turned to creative solutions. With Saint Elizabeth's Hospital and Grace Hospital in Hutchinson merging, Dr. Riordan was able to purchase cabinets and counters that were being decommissioned. With the help of Dr. Riordan's sons, Michael and Neil, these materials were transported in the family's red pickup truck. When Dr. Hinshaw shared his concern that the cabinets wouldn't fit perfectly into the truck, Dr. Riordan simply sawed them down to size, a vivid example of the resourcefulness and determination that defined the clinic's early years.

The lab itself became a hub of activity, innovation, and camaraderie. Staff members recall humorous anecdotes from these formative years, such as Dr. Peters persistently attempting to enter through locked back doors before finally coming around to the front. These small moments of daily life highlighted the spirit of teamwork and dedication that made the lab so special.



Dr. Hinshaw's dedication was evident to everyone, including the Centers for Medicare & Medicaid Services (CMS) CLIA inspectors. During routine inspections, that could have easily been tense, Dr. Hinshaw's straightforward and humorous approach left a lasting impression. Karen, Bio Center Lab Manager, fondly recalls some lively exchanges with CLIA inspectors:

"We had some fun times with the CLIA inspector, Dr. Hinshaw, and his opinions. The conversations would get just a little lively. 'Well, that's just silly now, isn't it?' or 'That's just extra paperwork for no reason.' Most of the time we'd have good-natured inspectors who took it in stride, but the rest of us were like, 'Not the right time or the right person.'

Dedication Beyond Retirement

Dr. Hinshaw's dedication to the lab extended far beyond what anyone could have expected. After retiring from medical practice in environmental medicine, he returned to the Riordan Clinic during a time when the lab was short-staffed and in need of leadership. Dr. Hinshaw often told the story many times with current CEO Mike Stewart that Brian Riordan, CEO at the time, brought him back as lab director on a temporary basis with the instructions that his first job was to find his replacement. Dr. Hinshaw ended up working at the clinic for another 14 years.



During this time, he not only provided stability but also reinvigorated the lab with his boundless energy, innovative ideas, and strong leadership. His willingness to step in and serve, even after retirement, was a testament to his unwavering commitment to the clinic and its mission.

A Father, Mentor, and Friend

While Dr. Hinshaw's professional achievements were extraordinary, those who knew him best remember him for his kindness, humility, and love for his family. His daughter, Mary McClarin, shared fond memories of her father's adventurous spirit and the unique family vacations she calls "Stop, Look, and Go" trips.

"Dad loved to pack us into the car and hit the road," Mary recalled. "This always entailed many hours in the back seat with my brothers, then a stop at a museum, a national park, or a scenic outlook, and one night in a hotel along the way. Early the next morning, we were back in the car headed toward our next destination."

Dr. Hinshaw's love of exploration and his belief in the value of education inspired his children to embrace curiosity and discovery. "One summer we toured most of the Western states, followed by the Eastern states the next," Mary said. "Dad could never pass up a museum! He inspired in me the love of a good road trip and a fondness for scenic outlooks."

Memories from the Lab

Dr. Hinshaw's colleagues at the Bio-Center Laboratory also hold dear their memories of working alongside him. Karen Moore, who worked with Dr. Hinshaw for over a decade, described him as a reliable presence who was both kind and quietly passionate about his work.



He loved his game of tennis right up until the end and came into the lab three days a week, half days," Karen said. Outside of work, Dr. Hinshaw was known for his love of screwdriver cocktails.

Dr. Hinshaw's deep sense of community extended to celebrating staff birthdays and including volunteers in festive gatherings. He loved introducing the clinic as an "international lab" and took pride in the diverse backgrounds of its team members. "This is Karen from Canada, Amanda from Vietnam, Melissa from Mexico, and Julie from Whitewater," he'd joke, appreciating the global reach of the clinic's mission.

Karen also remembered how much Dr. Hinshaw enjoyed taking the lab staff out to lunch, often at Scotch & Sirloin, where the waitresses knew him by name. Every Christmas, the staff gifted him a restaurant gift card to show their appreciation.



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In the mornings, Dr. Hinshaw would sometimes play music from the Big Band era or old-school country genres he deeply loved—and quiz staff on their knowledge of the tunes. “Would you know this one? Do you know this one?” he’d ask with a twinkle in his eye.

“Whenever we went out to lunch, he had to have at least two screwdrivers. It was his thing. Once, we even had a lab party where I made screwdrivers for everyone because it was his favorite.”

He had a healthy balance of ego and humility. Colleagues fondly recall how he could be persuaded to change his mind—as long as you presented convincing data. “He’d say, ‘You know, you were right; I was wrong,’” they remembered with a smile.

Jerry, a longtime colleague and friend of Dr. Hinshaw, shared touching reflections:

“When Dr. Hinshaw knew that you or a loved one had a medical concern, he would immediately go to work on finding a treatment plan. He would always continue checking back with you on how it was working and whether additional treatments might help. He genuinely respected everyone and outwardly conveyed that he was very interested in listening to your concerns. He was the essence of a ‘fine gentleman.’”

“My wife and I enjoyed a very nice vacation in Vail, Colorado, because Dr. Hinshaw came to me one day and asked if we wanted to use his timeshare for a week at no charge.”

Dr. Hinshaw’s time in the Air Force was a source of pride, and he often shared stories of his experiences. When he joined the clinic full-time in 2010, he initially stepped in to see patients to support the short-staffed team. His willingness to roll up his sleeves and get in the trenches” earned him the respect and admiration of his colleagues.



With a chuckle Karen recalled his favorite saying, which reflected both his military background and his strategic approach to life: “Don’t start vast projects with half-vast ideas.” This sign sat on his desk, serving as both a humorous reminder and a guiding principle.

“Don’t start vast projects with half-vast ideas.”





“It was my great fortune to have known Dr. Hinshaw for many years. As I reflect in my retirement on the people whom I most admire, Dr. Hinshaw certainly ranks high on my list.”

-Laura Benson

Laura Benson (not pictured), a longtime colleague and friend, shared these heartfelt words:

“It was my great fortune to have known Dr. Hinshaw for many years. I came to work at the Olive Garvey Center in 1976 where he was the Medical Director of the Bio-Center Laboratory and a Founder of The Center. Throughout my friendship those many years at The Center, Dr. Hinshaw was always on top of his game. He would read everything in his field and share his knowledge and expertise to help others, including me. I had a son with ongoing health issues. Dr. Hinshaw stayed on top of new findings and directed me to experts in the field. He was a kind and caring physician. He spoke highly of his children often. As I reflect in my retirement on the people whom I most admire, Dr. Hinshaw certainly ranks high on my list.”

A Lasting Legacy

Dr. Hinshaw’s influence on the Riordan Clinic and the broader field of medicine is profound and enduring. Through his leadership of the Bio-Center Laboratory, he helped advance innovative approaches to healthcare, leaving behind a legacy of excellence and compassion. His kindness, humor, and unwavering commitment to his work and family will be remembered by all who had the privilege of knowing him.

As we reflect on Dr. Hinshaw’s life, we are reminded of the values he exemplified: a dedication to service, a passion for learning, and a deep appreciation for the people and world around him. His memory will continue to inspire us as we carry forward the mission of the Riordan Clinic and strive to make a positive impact in the lives of others.

If you have memories or kind words to share about your experiences with Dr. Charles Theron Hinshaw, Jr., we would love to hear them. Scan the QR code to submit your stories and reflections.



GLÜHWEIN WINE MOCKTAIL

What better way to celebrate the holidays than with Remission Nutrition's Glühwein or mulled wine, a classic holiday drink. Almost every German Christmas market (or Kriskindlmarkt) will have glühwein for you as you walk around. This traditional recipe usually consists of red wine simmered with spices over a period of time. However, I wanted to create an alcohol free version because alcohol consumption can contribute to depression, brain fog, fatigue, inflammation, poor sleep and blood sugar imbalances which is the last thing we want especially during the busy, festive holiday season. Plus, spices like cinnamon, clove, and star anise are anti-inflammatory, have antibiotic properties and are blood sugar stabilizers. Enjoy the recipe below and feel free to share at your next holiday party and skip that groggy hangover and wine headache.



Ingredients

- 2 cups filtered water
- 2 Hibiscus tea bags (or loose leaf Hibiscus)
- 1 Tbsp freshly squeezed orange juice
- 1 cinnamon stick
- 2 whole cloves
- 2 star anise

Optional: add 1 Tbsp fresh ginger slices

Directions

Add all ingredients except the orange juice to a saucepan over medium heat. Once water starts to boil, change heat to low. Let simmer for 10-20 minutes. Once ready, add the freshly squeezed orange juice. Pour mixture through a mesh strainer into two mugs. Garnish with cinnamon sticks, an orange slice or star anise.

***Mulled wine is meant to be strong like a cabernet wine, but if it is too strong for you, feel free to add Monk Fruit or Stevia drops to taste.



HOPE Beyond Diagnosis

Scan here to watch Kelli Anns Story

or visit
riordanclinic.org/2023/09/hope-beyond-diagnosis/



*"Every Cancer patient deserves this kind of care."
 -Kelli Ann, Cancer Survivor*

*Every Gift Tells a Story of
 Hope, Healing, and Health...*



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Holiday Hours

Riordan Clinic locations are **CLOSED**
in observance of the Holidays

12 PM CST
DECEMBER 24TH

Reopen Thursday, December 26th

JANUARY 1ST

Reopen Thursday, January 2nd

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