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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.



UNLOCKING THE BENEFITS OF VITAMIN D:

A Deep Dive into Vitamin D Wiki



AUTHOR | Dr. Ron Hunninghake, MD

Why Vitamin D Matters More Than Ever

Vitamin D, often called the "sunshine vitamin," is essential for overall health, but many of us don't get enough of it. Whether it's due to limited sun exposure, dietary restrictions, or individual health factors, vitamin D deficiency is more common than you might think—and it can have far-reaching consequences.

As conversations around health and wellness grow, so do questions about vitamin D. How much do you really need? Is high-dose supplementation safe? What are the best ways to test your vitamin D levels? These aren't simple questions, and that's why resources like VitaminDWiki are so valuable. This website is a treasure trove of information, guiding individuals through the maze of vitamin D research, recommendations, and myths.

Let's explore the features of VitaminDWiki and why it's an indispensable tool for taking charge of your health

The Essential Role of Vitamin D in Your Health

What Does Vitamin D Do?

Vitamin D is involved in numerous bodily processes, including:

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- **Bone Health:** It helps your body absorb calcium, ensuring strong bones and teeth.
- **Immune Function:** Vitamin D supports your immune system, helping you fight off infections and reduce inflammation.
- **Hormone Regulation:** It plays a role in regulating hormones that affect mood, energy levels, and overall well-being.
- **Chronic Disease Prevention:** Studies suggest that maintaining optimal vitamin D levels can reduce the risk of certain cancers, diabetes, and cardiovascular diseases.

Why Are Deficiencies So Common?

Despite its importance, many people are deficient in vitamin D. Factors contributing to deficiency include:

- **Limited Sun Exposure:** Spending more time indoors or living in northern climates.
- **Skin Pigmentation:** Individuals with darker skin require more sun exposure to produce sufficient vitamin D.
- **Aging:** As we age, our skin becomes less efficient at synthesizing vitamin D from sunlight.
- **Dietary Gaps:** Few foods naturally contain vitamin D, making it harder to meet daily requirements through diet alone.

Why VitaminDWiki Stands Out

1. A Knowledge Hub for All Things Vitamin D

VitaminDWiki consolidates decades of research and practical information into one accessible platform. Some of its standout features include:

- **Health Condition Insights:** Articles detailing how vitamin D influences specific health issues, from autoimmune diseases to respiratory infections.
- **Research Summaries:** Summaries of groundbreaking studies, helping readers understand the science behind vitamin D's benefits.
- **Practical Tips:** Guidance on how to incorporate vitamin D into your daily routine safely and effectively.

2. User-Friendly Design for Easy Access

VitaminDWiki is designed to make finding answers simple:

- **Powerful Search Tool:** Whether you're searching for dosage guidelines, specific conditions, or the latest research, the search tool delivers targeted results.
- **Global Accessibility:** With translation options, the website is available to a worldwide audience, making the knowledge truly universal.

3. Staying Ahead with the Latest Updates

- VitaminDWiki doesn't just rely on past research; it continuously updates its content with new studies, ensuring readers always have access to the most current information.

Debunking Myths About Vitamin D

Myth 1: "You Can Get All Your Vitamin D from Sunlight"

While sunlight is a great source, factors like time of year, geographic location, and sunscreen use can significantly limit vitamin D production.

Myth 2: "More Vitamin D Is Always Better"

Although high doses can be beneficial for some, excessive vitamin D intake without monitoring can lead to toxicity.

High-Dose Vitamin D: What You Need to Know

Understanding High-Dose Supplementation

High-dose vitamin D supplementation often refers to daily intakes exceeding the typical 600–800 IU recommended for most adults. Research has shown that for individuals with deficiencies or specific health concerns, higher doses may be necessary to achieve optimal levels.

Who Benefits from Higher Doses?

Certain populations are more likely to benefit from high-dose vitamin D, including:

- **Individuals with Chronic Illnesses:** Conditions like osteoporosis, autoimmune disorders, and type 2 diabetes often require increased vitamin D for effective management.
- **Those with Limited Sun Exposure:** If you spend most of your time indoors or live in areas with long winters, your body may not produce enough vitamin D naturally.
- **Older Adults:** Age-related changes can reduce your ability to absorb and synthesize vitamin D, necessitating higher doses.

Safety of High-Dose Vitamin D

VitaminDWiki highlights multiple studies supporting the safety of high-dose vitamin D supplementation. For instance:

- **Long-Term Use:** Daily doses of up to 10,000 IU have been safely used over extended periods without causing hypercalcemia.
- **Clinical Applications:** Doses as high as 50,000 IU per

day have been administered in medical settings for specific conditions, demonstrating efficacy without adverse effects. However, as with any supplementation, personalized guidance from a healthcare provider is crucial.

How Vitamin D Supports Specific Health Conditions

1. Bone and Muscle Health

Vitamin D is essential for calcium absorption, reducing the risk of fractures and maintaining muscle strength.

2. Immune System Support

Adequate vitamin D levels have been linked to reduced risks of respiratory infections and better outcomes in autoimmune diseases.

3. Mental Health Benefits

Research suggests that vitamin D may play a role in alleviating symptoms of depression and anxiety by supporting healthy brain function.

Why Testing Matters

The Importance of Monitoring Levels

Testing your vitamin D levels provides a clear picture of your body's needs. VitaminDWiki emphasizes the value of routine testing to:

- **Detect Deficiencies Early:** Identifying low levels before symptoms worsen.
- **Tailor Dosages:** Ensuring you're taking the right amount for your individual needs.
- **Avoid Toxicity:** High levels of vitamin D can cause side effects, so regular monitoring helps maintain a healthy balance.

How to Test Your Vitamin D Levels

The Check Your Health event at Riordan Clinic is an excellent opportunity to get your Vitamin D levels tested if you're not currently a patient. This event offers convenient lab panels that include Vitamin D testing, providing you with valuable insights into your health. For more details on the panels available, visit [Check Your Health](#).

If you're already a Riordan Clinic patient, simply reach out to your provider team and let them know you're interested in checking your Vitamin D levels—they'll guide you through the process.

Even if you're not local to our clinics you can still receive the benefits of our testing. We offer a mobile phlebotomy service, where a trained professional can come to your location to administer the blood draw. Taking proactive steps to check your Vitamin D levels has never been more accessible.

Taking the Next Step

Whether you're exploring high-dose supplementation, curious about testing, or simply want to learn more, visit <https://vitamindwiki.com/>

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Don't miss our Nutrient Store Sale Monday, March 17th – Friday, March 21st, 2025.

Keep an eye on your mailbox—more details about the Spring Check Your Health event are on the way!

YOUR DAILY GUIDE TO

IMMUNITY SUPPORT PROTOCOL

We have found through more than 45 years of research and lab testing that keeping your nutrient levels within optimal ranges is an effective way to support and maintain health. We also know that there are certain vitamins and nutrients that support the various systems, such as our immune system.

VITAMIN C



OR



OR



OR



1 packet (1,000 mg) of Lypo-Spheric Vitamin C, 2x/day

2 capsules (1,000mg each) of Vitamin C-1000, 2x/day

2 scoops (2,000 mg per scoop) of Sufficient C, 2x/day

1 scoop (4,000 mg) of Vitality C, 2x/day

VITAMIN D



OR



2 drops (1,000 IU per drop) of Vitamin D3/K2 Liquid, 2x/day

1 capsule (10,000 IU) 1x/every other day

VITAMIN A



OR



1 capsule (10,000 IU) of Vitamin A, 1x/day

10 drops (1,000 IU per drop) of Micellized Vitamin A daily

ZINC



1 capsule (30 mg) of Zinc Picolinate, 2x/day

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REVOLUTIONIZING CANCER CARE: High Dose IV Vitamin C and Personalized Survivorship

AUTHOR | Dr. Michelle Niesley, ND, MS, FABNO

As a naturopathic doctor who specializes in oncology, my passion is to bridge the gap between innovative integrative therapies and conventional cancer care. Over the years, I've seen firsthand the transformative impact of high-dose IV Vitamin C on patients navigating their cancer journeys. Yet, I know this therapy has faced skepticism and questions. Is it safe? How does it work? Can it truly complement or maybe enhance conventional treatments like chemotherapy?

I want to share what I've learned—not just through research, but through the incredible stories of resilience and healing I've witnessed during my time in practice.

Why High-Dose IV Vitamin C?

One of the most frequent questions I'm asked is whether high-dose IV Vitamin C is safe. Recently, my colleagues and I completed a study with 16 healthy participants to explore the effects of this therapy on basic blood chemistry. While we observed temporary changes in kidney enzyme levels for about 24 hours after infusion, which then normalized within 48 hours. These findings are invaluable for both physicians and patients, especially in oncology, where lab results are carefully monitored by oncologists to determine if the patient's body is healthy enough to receive treatment.

It's reassuring to know—and share with patients—that these shifts may be expected, and not indicative of harm. Instead, IV Vitamin C offers significant benefits:

Symptom Management

Many patients report less fatigue, improved energy, and even reduced cancer-related pain when receiving IV Vitamin C. I've had patients tell me their pain worsens when they miss their infusions, illustrating its role in symptom relief.

Selective Pro-Oxidant Effects

At high doses, Vitamin C becomes a pro-oxidant, targeting cancer cells while sparing healthy ones. This occurs because cancer cells absorb Vitamin C in a way that produces hydrogen peroxide—a compound that disrupts their growth.

Synergy with Conventional Therapies

Data shows that high-dose Vitamin C can enhance the effectiveness of chemotherapy by sensitizing cancer cells to treatment. If concerns arise about timing, we can space infusions away from chemotherapy sessions, ensuring no interference.



Addressing Concerns and Misconceptions

I understand that therapies like IV Vitamin C often face skepticism, particularly because they don't follow the traditional path of drug approval. Integrative medicine often works differently—we observe what patients are using successfully, then study it to understand its potential and limitations.

What I've found is that once patients experience the benefits for themselves, their questions melt away. From reduced side-effects to improved quality of life, the results speak volumes.

Beyond the Treatment: The Riordan Approach

At Riordan Clinic, we pride ourselves on looking beneath the surface. In conventional oncology, patients with similar diagnoses are often treated the same way, following standardized algorithms. But in reality, no two patients are alike.

For example, two patients with the same type and stage of breast cancer, will often receive identical conventional treatment plans. Yet, their integrative care looks completely different. Maybe one has mold toxicity, while the other has heavy metal exposure. By addressing these underlying factors, we can tailor their care to their unique needs, enhancing their overall outcomes.



This individualized approach is what makes integrative medicine so powerful. We're not just treating cancer—we're treating the person behind the diagnosis.

Survivorship: A Guided Journey

The journey doesn't end when active treatment does. Survivorship is a critical phase, yet many patients feel adrift once their oncologist tells them to "come back in three months." That's where we have a unique opportunity to bridge the gap between the end of active treatment and the next appointment with their oncologist. The survivorship program at Riordan Clinic is being designed to provide ongoing support and guidance.

This includes:

- **Weekly Touchpoints:** Educational content and virtual Q&A sessions to keep patients engaged and informed.
- **Comprehensive Testing:** Lab assessments to address factors like inflammation, nutrient deficiencies, and toxic exposures.
- **Personalized Plans:** Diet, lifestyle, and IV therapy recommendations tailored to each patient's needs.

Navigating cancer survivorship can be overwhelming, but with the right support, patients can feel empowered and confident in their next steps.

The Future of Integrative Cancer Care

As we move into 2025, I'm excited about the advancements

we're making at Riordan Clinic. We're refining our protocols, collecting more patient data, and developing innovative ways to extend the benefits of therapies like IV Vitamin C. Our commitment to co-learning—a concept championed by Dr. Hugh Riordan—remains at the heart of everything we do. By working together with patients, we're not just treating symptoms; we're uncovering the root causes of illness and empowering individuals to take control of their health.

A Final Thought

Integrative medicine is about more than just adding therapies to a treatment plan—it's about reimagining what care can look like. It's about asking the deeper questions, exploring the nuances of each patient's health, and using innovative approaches to promote healing.

High-dose IV Vitamin C and our personalized survivorship care are just two examples of how we're pushing the boundaries of what's possible in cancer care.

If you're curious about how integrative therapies can complement your journey, I encourage you to reach out. Together, we can explore the path to better health, one step at a time.

Roasted Salmon with Spicy Cranberry Relish



INGREDIENTS

- 2 1/2 pounds skin-on salmon filet
- 2 cloves garlic, peeled and chopped
- 1 1/2 tsp kosher salt, divided
- 1/2 tsp cracked whole black peppercorns
- Zest of 1 lemon, cut into wedges
- 2 Tbsp extra-virgin olive oil, divided
- 2 tsp Dijon mustard
- 2 cups cranberries, fresh or frozen (8 ounces)
- 1 small shallot, minced
- 1 serrano pepper, seeded
- 1 medium Granny Smith apple, peeled and finely diced
- 1 stalk celery, finely diced
- 1 Tbsp balsamic vinegar
- 2 Tbsp chopped fresh parsley, divided

DIRECTIONS

1. Preheat the oven to 400 degrees F and line a rimmed baking sheet with parchment paper.
2. Place the salmon on the prepared pan. In a small bowl, mash garlic, 1 teaspoon salt, cracked peppercorns, lemon zest, 1 tablespoon oil, and mustard into a paste. Spread the mixture on the salmon.
3. Bake the salmon until the flesh flakes easily with a fork, about 10 to 15 minutes.
4. Meanwhile, in a food processor, pulse cranberries, shallot, and serrano pepper until finely chopped. Transfer to a medium bowl and stir in apple, celery, vinegar, 1 tablespoon parsley, and the remaining 1 tablespoon oil and 1/2 teaspoon salt.
5. Sprinkle the salmon with the remaining 1 tablespoon parsley and serve with the cranberry relish and lemon wedges.

Contact the Editor

Please send any comments or suggestions to
newseditor@riordanclinic.org
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Lunch And Lecture Series

BIOHACKING YOUR HEALTH: AI and Biometrix From the Bio Center Lab

March 13, 2025

Lunch Begins at 11:30 | Lecture Starts at Noon



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ADVANCING HOPE, HEALING & HEALTH

Real Health Podcast

Brought to you by the Riordan Clinic



The Latest Information and Top Experts in Functional and Integrative Medicine

In this compelling episode of the Real Health Podcast, Dr. Ron Hunninghake, MD, CMO and Dr. Kirsten West, ND, LAc, FABNO, a leading naturopathic oncologist at the Riordan Clinic, delve into a groundbreaking hypothesis: the fungal link to cancer. Drawing from research and clinical observations, they explore how mycotoxins—byproducts of mold and fungal infections—may act as a root cause or significant contributor to cancer.

In this episode of the Real Health Podcast, Chief Medical Officer Dr. Ron Hunninghake, MD, talks to Dr. Michelle Niesley, ND, MS, FABNO about some of the new research initiatives and findings here at Riordan Clinic. With a focus on patient outcomes and scientific advancements, this episode provides clarity on a widely debated therapy and its potential to transform cancer treatment.



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