



Riordan
Clinic

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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.



A LEGACY OF PROACTIVE HEALTH

The Evolution of Check Your Health



AUTHOR | Jasmin Murphy, Communications Manager

At Riordan Clinic, we've always believed that knowledge is power - especially when it comes to your health. Before 'preventative medicine' gained mainstream recognition, we advocated for the power of a whole foods diet, supplementation, and individualized testing to prevent and even reverse chronic illness.

This philosophy wasn't always widely accepted. In fact, decades ago, much of what we now know about antioxidants, cellular metabolism, and disease prevention was dismissed by the medical mainstream. But Dr. Hugh Riordan and his colleagues at The Center for the Improvement of Human Functioning (now Riordan Clinic) were undeterred. They knew that measuring key nutrient levels in the body and making proactive health adjustments could help people beat the odds against diseases like cancer, heart disease, and Alzheimer's (Riordan, Jackson, & Hunninghake, 1992).

That belief led to the creation of Beat The Odds - a groundbreaking, long-term program designed to help people reduce their risk of degenerative diseases through advanced lab testing and personalized health insights.

The Early Years

Beat The Odds and the Rise of Nutrient Testing

Launched in early 1992, Beat The Odds was more than just a lab event - it was a 20

year research initiative focused on tracking how nutrition and lifestyle choices influenced long-term health. Participants had their nutrient levels measured annually, completed dietary and lifestyle assessments, and received personalized reports with guidance from Riordan Clinic physicians. The goal? To see if individuals who proactively monitored and optimized their nutrient levels would experience less disease and slower aging than the general population (Riordan et al., 1992).

The early lab work focused on a core set of essential micronutrients, including:

- Vitamin A
- Vitamin C
- Vitamin E
- Zinc (RBC)
- Magnesium (RBC)
- Selenium (RBC)

Early findings revealed widespread deficiencies in key nutrients—vitamin C, magnesium, and selenium—highlighting the need for targeted supplementation and monitoring (Riordan et al., 1992). By identifying these gaps early, individuals could take corrective steps and significantly improve their health trajectories.

Expanding the Vision

Corporate Wellness and Comprehensive Testing

By 1994, Beat The Odds had grown into a week-long event, with the nutrient store hosting a special sale all week long and blood draws taking place on Thursday, Friday, and half a day on Saturday. The focus remained on nutrient testing, ensuring that participants had easy access to discounted lab work to track their health trends.

Then, in 1995, an exciting shift occurred. The owner of Lawrence Paper Company reached out to Riordan Clinic after noticing that several of his employees had experienced significant health improvements after being seen at the clinic. He wanted to bring those same benefits to his entire workforce, leading to the birth of Riordan Clinic's corporate wellness program.

This expansion laid the foundation for Check Your Health, broadening the scope of testing beyond nutrients to include metabolic, immune, and hormonal markers.

The Beat The Odds Health Event

By 2005, Beat The Odds had evolved into a two and a half-day community health event that transformed the entire clinic into a hub for wellness screenings, education, and lab draws. People would check in at Dome 1, have their blood pressure and body composition measured, and then move to the lab for nutrient testing - all at a reduced cost.

The event sometimes included a health fair, an open house, or an education series similar to today's Lunch & Lectures.

The clinic's nurses and staff worked together to process over 120 lab draws in just four days at its peak, helping hundreds of individuals gain valuable insights into their health.

The philosophy behind the event remained the same: The best way to know if your health is changing is to monitor it (Riordan et al., 1992).

A New Name for a New Era

The Birth of Check Your Health

With the expansion of lab offerings and the increasing focus on disease prevention through biomarker monitoring, the name Health Hunter/Beat The Odds was officially changed to Check Your Health in 2010.

The new name captured its expanded accessibility, allowing participants to take charge of their health without needing a doctor's order.

The event underwent further evolution and became a streamlined, lab screening program offered twice a year over a two week period that continues to this day. While the structure has changed, the core mission remains: to make affordable, accessible lab testing available so people can track their health trends and make informed decisions about their well-being.

Today, Check Your Health offers comprehensive panels designed to assess a wide range of health factors, including:

- **Inflammation Markers**

Such as hs-CRP and fibrinogen

- **Hormone Levels**

Including thyroid, cortisol, and sex hormones

- **Blood Sugar and Metabolic Health**

A1c, fasting insulin, and lipid panels

- **Immune Function and Oxidative Stress**

CoQ10, glutathione, and oxidative stress markers

- **Advanced Nutrient Testing**

Expanded vitamins, minerals, amino acids, and fatty acids.

Knowing your numbers is key to proactive health management, empowering you to fine-tune your supplementation, diet, and lifestyle.

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The Power of Personalized Data

Fast forward to today, Check Your Health continues to be one of the best ways to get a clear picture of what's happening inside your body. Each individual possesses a distinct biochemical makeup influenced by factors such as genetics, environment, diet, and lifestyle choices.

Standardized health recommendations may not address these unique needs. By measuring specific biomarkers—including nutrient levels, hormone balances, and metabolic indicators—you can identify deficiencies or imbalances that may impact your health. This personalized data serves as a foundation for informed decisions regarding supplementation, dietary adjustments, and lifestyle modifications.

How Check Your Health Facilitates Informed Choices

Check Your Health provides access to detailed lab profiles designed to assess various aspects of your health. For example, the Advanced Wellness Profile includes measurements of essential vitamins, minerals, and metabolic markers, offering a comprehensive overview of your nutritional status. Armed with this information, you can:

- **Customize Supplementation:** Identify specific nutrient deficiencies and select supplements that address your unique needs, avoiding unnecessary or redundant products.
- **Optimize Diet:** Understand how your current diet influences your nutrient levels and make targeted changes to enhance nutrient intake through food sources.
- **Enhance Lifestyle Choices:** Recognize how factors like stress, sleep, and physical activity affect your biomarkers, enabling you to implement lifestyle changes that support overall health.

Empowerment Through Knowledge

Participating in the Check Your Health event not only provides critical health data but also fosters a proactive mindset toward wellness. By understanding your body's specific needs, you become an active participant in your health journey, making informed decisions that can lead to improved energy levels, disease prevention, and enhanced quality of life.

Embrace the opportunity to "know your numbers" and utilize the insights gained from Check Your Health to tailor your supplementation, diet, and lifestyle. This personalized approach empowers you to take control of your health and work towards achieving optimal well-being.

Check Your Health: Accessible for Everyone

Check Your Health is designed to provide affordable, comprehensive lab testing for anyone looking to take a proactive approach to their health. Whether you're a new participant, a returning guest, or a current Riordan Clinic patient, this event offers a convenient way to monitor key health markers and make informed decisions about your well-being. If you are an existing patient, you can absolutely participate! Simply call your provider care team for guidance on how to proceed.

Special Considerations

Oncology patients or individuals with an active cancer diagnosis - If you have cancer or suspect you might, we recommend reaching out to a New Patient Coordinator to discuss becoming an established Riordan Clinic patient. We offer a dedicated oncology panel designed specifically for cancer care, and our team can guide you toward the best next steps.

Check Your Health is about empowerment, giving you direct access to the health insights you need to take control of your wellness journey. Schedule your lab draw today and start making data-driven choices for your health!

Spring 2025: Your Chance to Check In On Your Health

Whether you're tracking nutrient levels, checking inflammation markers, or just wanting a baseline for your overall wellness, our Spring 2025 event will provide the tools you need at a discounted rate.

Our Check Your Health event takes place at both our Wichita and Overland Park locations. There are a variety of lab tests tailored to your health goals, with flexible appointment scheduling to fit your schedule.

Proactive health starts with awareness. Measuring your biomarkers can help prevent issues tomorrow. Ready to take control of your health? [Schedule your Check Your Health lab draw today.](#)

References

Riordan, H. D., Jackson, J. A., & Hunninghake, R. E. (1992). Beat the odds: A long-range research/clinical program for disease prevention and aging reduction. *Journal of Orthomolecular Medicine*, 8(4), 227-231.

WHY TEST

Nutrient testing is the core of what we do at the Riordan Clinic. Every person is biochemically unique meaning we all have different nutritional needs based on several components: hereditary and environmental factors, diet, lifestyle choices and changes at every stage of life. The Bio-Center Laboratory's signature profiles focus on the direct measurement of nutrients and their clinical relevance in fighting or preventing disease. Don't just guess on what supplements you need - make decisions based on real results.

IMPORTANT TO KNOW

- A doctor's referral is not necessary to participate in Check Your Health.
- Lab draws may be collected at the Riordan Clinic in Wichita and Overland Park.
- Can't make it in person? Collection kits may be requested by phone for Basic Wellness, Hormone, and Advanced Wellness Profiles.
- Please note that these lab tests are self-referred and Check Your Health profiles can not be submitted to commercial insurance or Medicare.

FASTING

MEGA

- Our more comprehensive evaluation of your nutritional status and overall wellness.
- More than 75 tests including vitamins, minerals and hormones.
- A holistic analysis of your health, identifying potential deficiencies that could lead to chronic illnesses.

FASTING

ADVANCED WELLNESS

- Elevate your health insight.
- Includes detailed assessments of select vitamins, minerals, hormones, and more.

FASTING

BASIC

- Starting point for health assessment.
- Includes some unique vitamins, minerals, and hormones.
- Also includes common tests like CBC, Chemistry profile and CRP.

NON-FASTING

HORMONE PROFILE

- Gain insight into hormonal imbalances.
- Includes thyroid hormones and more.

FASTING

NUTRITION WELLNESS

- Helps you understand the effectiveness of your supplementation.
- Helps identify potential nutrient deficiencies.
- Comprehensive testing for all vitamins and minerals, amino acids.

The Check Your Health Lab Profiles are not recommended for co-learners with active cancer or a history of cancer. The Oncology Lab Profile is designed specifically for individuals with a cancer diagnosis. This Profile gives our providers the required data to adequately assess a cancer patient's terrain and formulate a comprehensive care plan. To inquire about becoming a patient and scheduling the Oncology Profile lab draw, please contact the New Patient Coordinator team at 1-800-447-7276, ext. 1354.

[SCAN THE QR CODE TO VIEW THE COMPARISON OF LAB PROFILES. CIRCLE-ARROW-RIGHT](#)



CHECK YOUR HEALTH PROFILES

Advanced Nutritional Testing

	Mega	Nutrition	Advanced Wellness	Basic Wellness	Hormone
List Price	\$4,374	\$2,952	\$2,129	\$913	\$848
CYH Price	\$2,290	\$1,545	\$995	\$475	\$445
Vitamins					
A	X	X	X		
Beta Carotene	X	X	X		
B1	X	X			
B2	X	X			
B3	X	X			
B5	X	X			
B6	X	X	X		
B12	X	X	X		
Folate	X	X	X		
C, Plasma	X	X	X		
C, Urine	X	X			
D	X	X	X	X	
E	X	X	X		
Minerals					
Boron	X	X			
Chromium (Serum)	X	X			
Copper (RBC)	X	X	X		
Magnesium (RBC)	X	X	X	X	
Manganese (RBC)	X	X	X		
K/Na Ratio	X	X			
Selenium (RBC)	X	X			
Strontium	X	X			
Zinc (RBC)	X				
Hormones					
DHEA-S	X				X
Estradiol	X				X
Free T3	X		X	X	X
Free T4	X		X	X	X
Progesterone	X				X
Testosterone	X				X
TSH	X		X	X	X
Amino Acids					
Essential Amino Acids	X	X			
Homocysteine	X				
AA-Glutamine	X	X			
AA-Taurine	X	X			
Lipids					
Fatty Acids	X	X	X		
Lipid Profile	X		X	X	
Lp(a)	X				
Glucose Monitoring					
Hemoglobin A1C	X		X	X	
Estimated Average Glucose	X		X	X	
Other					
CBC	X		X	X	
Chemistry Profile	X	X	X	X	
Coenzyme Q10	X	X	X		
CRP-hs	X		X	X	
Lutein	X	X	X		
Lycopene	X	X	X		
Pyroles					



Mega, Nutrition, and Advanced Wellness Profiles include a complimentary 30 minute appointment with one of our renowned providers.

Don't wait until the week of the sale, schedule your lab appointment today to secure your spot! Call to schedule at 800.447.7276 X 1385 or 1302



EARLY DETECTION BETTER PROTECTION

SAVE ON THERMOGRAPHY SCANS!

At Riordan Clinic, we believe in proactive, whole-body health solutions. Infrared thermography is a non-invasive, radiation-free imaging technology that detects heat patterns and blood flow in the body, helping to identify areas of inflammation and potential health concerns before symptoms arise.

Unlike traditional imaging, thermography focuses on functional changes rather than structural abnormalities, making it a valuable tool for early detection and preventive care. It's especially beneficial for monitoring breast, vascular health, and thyroid health.

Starting March 17th through April 30th, take advantage of our **Thermography Sale** and invest in your well-being at a reduced rate! Don't miss this opportunity to gain deeper insights into your health. Schedule your appointment today!

Sale starts soon – Call 800.447.7276 or visit riordanclinic.org/infrared-thermography to book your scan.



**SALE \$225
\$195*
PER SCAN**

**Riordan
Clinic**
infrared
**BREAST, THYROID
OR CAROTID**
thermography

A non-radiation, non-contact screening for **people of all ages.**

**March 17th -
April 30th**

Call **800.447.7276** to schedule an appointment
ON SALE March 17 - April 30
at our **Overland Park and Wichita Locations**



An **INTEGRATIVE** Approach to **THRIVING THROUGH CANCER**

April 16, 2025 | 3:00 PM | Riordan Clinic Pyramid

[SCAN HERE](#) to register →



Are you navigating cancer, supporting a loved one, or simply curious about the role of nutrition in cancer care? We invite you to an open conversation and Q&A session at the Riordan Clinic, a safe, supportive space to engage in an open and insightful conversation.

COME CURIOUS | LEAVE EMPOWERED

Jen Nolan, CNC, BCHN
Remission Nutrition

Dr. Kirsten West, ND, LAc, FABNO

Spring Salad with Lemon-Herb Vinaigrette



INGREDIENTS

The Salad

- 2 cups mixed greens (arugula, baby spinach, and romaine)
- 1/2 cup cherry tomatoes, halved
- 1/2 cup cucumber, sliced
- 1/4 cup red onion, thinly sliced
- 1/2 avocado, sliced
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup feta cheese (or dairy-free alternative for paleo)
- 2 tbsp hemp seeds or toasted pine nuts
- 4 oz grilled salmon or chicken (optional protein boost)

The Lemon - Herb Dressing

- 3 tbsp extra virgin olive oil
- 1 tbsp fresh lemon juice
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- 1/2 tsp dried oregano
- 1/4 tsp sea salt
- 1/4 tsp black pepper

DIRECTIONS

1. In a large bowl, toss together the mixed greens, tomatoes, cucumber, red onion, avocado, olives, feta, and seeds/nuts.
2. In a small jar, whisk together the olive oil, lemon juice, Dijon mustard, garlic, oregano, salt, and pepper until well combined.
3. Drizzle the dressing over the salad and toss gently.
4. Top with grilled salmon or chicken if using, and serve immediately.

Contact the Editor

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

To become a patient at Riordan Clinic, call 800-447-7276



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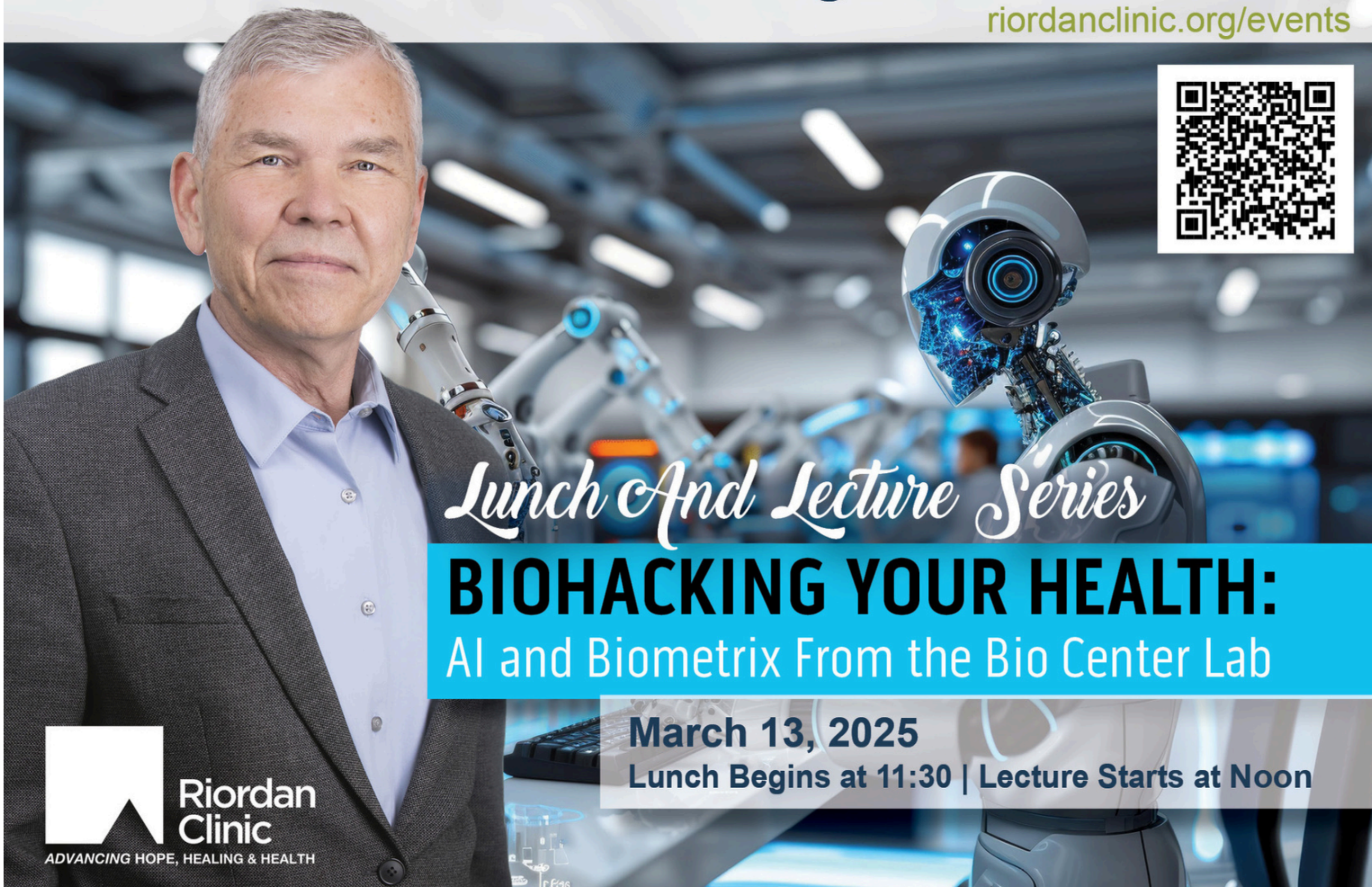


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Lunch And Lecture Series

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

March 13, 2025

Lunch Begins at 11:30 | Lecture Starts at Noon



Riordan
Clinic

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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