It's the beginning of a new year and resolutions are on everyone's mind. A 2002 report, published in the Journal of Clinical Psychology, stated that 40-45% of Americans make New Year's resolutions; the most prominent of which is to lose weight. We're increasingly bombarded with the fact that obesity in America is on the rise. According to a 2010 Centers for Disease Control (CDC) report, 26.7% of U.S. residents are obese. The number is alarming and growing.

For the past 35 years, the Riordan Clinic has seen the impact of obesity-related chronic illnesses in our patients. An obese person is at risk for developing a number of potentially serious health problems, including: blood lipid (fat) abnormalities, gallbladder disease, gynecological problems, such as infertility and irregular periods, heart disease, high blood pressure, metabolic syndrome, nonalcoholic fatty liver disease, osteoarthritis, skin problems, impaired wound healing, sleep apnea, stroke, depression, and type 2 diabetes. Even knowing the potential risks, losing weight - and keeping it off - is hard to do!

As an institution with a mission of, “…stimulating an epidemic of health,” we have long searched for a weight loss program that could benefit our patients. After careful research and contemplation by our clinical staff, we have finally discovered a program that can help get you on the right track - the Riordan Clinic HCG Weight Loss Intervention.

Our primary criteria in selecting a program were its ability to make a notable, positive impact on key health measures (such as blood pressure, cholesterol, etc.) and that it support a long-term lifestyle change. The HCG Weight Loss Intervention does this and more. Originally created in Europe in the 1950s by Dr. A.T.W. Simeons, the core precepts of the program are a combination of a Very Low Calorie Diet (VLCD) and Human Chorionic Gonadotropin (HCG). Over the years, thousands of people have successfully lost weight and kept it off using a program centered on these principles.

(Cont. on page 2)
To better understand how the program helps create weight loss success for participants, it’s important to understand the key components.

What is HCG? HCG is a hormone that occurs naturally in both men and women; it is best known for being produced in high levels during pregnancy. It is also commonly used in infertility treatments. HCG signals the hypothalamus, an area of the brain that affects metabolism, to mobilize stored fat (abnormal/visceral fat). This stored fat provides the body with fuel.

What is a VLCD? A VLCD is defined as a diet of less than 800 calories per day. In the case of the Riordan Clinic HCG Weight Loss Intervention, the program calls for 500 calories a day of lean protein and specific vegetables and fruit.

Alone, neither element creates the success found in the combined therapy. Dr. A.T.W. Simeons’ findings [1-3] using HCG with VLCD indicate that you will lose weight more quickly than on a standard “diet”; you will not feel weak, you will not be hungry, and you will lose stubborn abnormal/visceral fat from the areas it remains longest during normal dieting (i.e. stomach, hips, thighs, upper arms). Losing abnormal/visceral fat, not lean muscle mass, as happens with most diet programs, is a critical health advantage. With the additional long-term benefit of resetting your hypothalamus, which controls hunger and satiation, success can be achieved.

This type of weight-loss method is gaining in popularity due to the very real benefits it offers. You can now find many homeopathic versions of HCG on the market. We recommend that you proceed with extreme caution if you choose the homeopathic HCG route as it is unregulated; thus the source origin of individual ingredients is not defined. Additionally, a VLCD should always be physician-supervised due to the level of calorie restriction.

If you’re ready to take a step towards weight loss and health improvement, the physician-supervised Riordan Clinic HCG Weight Loss Intervention is for you. The comprehensive program includes:

- HCG Weight Loss Cure Guide designed as a reference manual for you to use throughout the program
- My HCG Tracker book that assists you in tracking your daily progress
- Pre-program blood testing to assess your current health status
- Prescription HCG nasal spray (Our pharmaceutical grade HCG nasal spray is compounded specifically for us by a pharmacy in Texas that has filled thousands of HCG prescriptions.)
- Sublingual B12 for energy
- Daily vitamin packets, specifically designed for the HCG program
- Group doctor meeting
- Weekly visits with our HCG nurse educator who will monitor your progress and address your specialized needs
- Weekly Bioelectrical Impedance Analysis (BIA) used to track your body composition
- Access to a weekly doctor conference call to discuss HCG questions
- Access to an on-line “members only” forum allowing you to connect with other HCG Weight Loss Intervention participants

Plan to attend one of our HCG Weight Loss Intervention information sessions at the Riordan Clinic or visit www.riordanclinic.org.

If you have specific questions about the program, please contact Penny Lasater at plasater@riordanclinic.org or 316-682-3100 ext. 309.

INFORMATION SESSIONS:

<table>
<thead>
<tr>
<th>Reservations Requested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday, January 4, 6:00 – 7:00 p.m.</td>
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<tr>
<td>Tuesday, January 11, 6:00 – 7:00 p.m.</td>
</tr>
<tr>
<td>Tuesday, January 18, 6:00 – 7:00 p.m.</td>
</tr>
<tr>
<td>Tuesday, January 25, 6:00 – 7:00 p.m.</td>
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</tbody>
</table>

For reservations call 316-927-4723 or email reservations@riordanclinic.org.

References
Know Your Vitamins/Minerals - Magnesium

by Penny Lasater

It’s hard to imagine which of the five senses we value the most, but I believe that for a lot of people vision would be close to the top of the list. As we recognize National Glaucoma Awareness Month, we want to highlight a mineral that has shown promise for improving glaucoma symptoms.

In 1995, researchers at the University Eye Clinic in Basel, Switzerland published a study on the effect of supplemental magnesium on glaucoma patients. A dose of 121.5 mg twice daily was administered to 10 glaucoma patients for one month. Results of the study substantiated that magnesium supplementation improved the peripheral circulation in blood vessels around the eye, with the accompanying benefit of an improved visual field. While magnesium is certainly not a cure for glaucoma, the improvement of symptoms could make it worth taking.

Even without the potential benefits to glaucoma patients, magnesium is a very useful mineral. Magnesium is essential to more than 300 biochemical reactions in the human body. It affects critical areas such as heart rhythm, blood sugar, and metabolism. Studies have shown that inadequate magnesium intake can contribute to various health problems including: osteoporosis, high blood pressure, diabetes, and cardiovascular disease. As if that weren’t enough, magnesium can be used as a muscle relaxant and sleep aid.

The recommended daily allowance (RDA) for magnesium for individuals over 30 years is 420 mg for men and 320 mg for women. A study published in 2003 by The Journal of Nutrition indicated that the average daily intake of magnesium was substantially below the RDA. With all the potential benefits magnesium can provide, ideally we should try to include as many magnesium-rich foods in our diet as possible. If you’re not able to get the RDA via your diet, oral supplementation can also be used.

Minerals, like magnesium, are absolutely essential to longevity and quality of life. Do your best to meet the RDA and enjoy the many benefits magnesium has to offer.

<table>
<thead>
<tr>
<th>Foods High in Magnesium</th>
<th>Serving Size</th>
<th>Magnesium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, black</td>
<td>1 cup</td>
<td>120</td>
</tr>
<tr>
<td>Broccoli, raw</td>
<td>1 cup</td>
<td>22</td>
</tr>
<tr>
<td>Halibut</td>
<td>1/2 fillet</td>
<td>170</td>
</tr>
<tr>
<td>Nuts, peanuts</td>
<td>1 oz</td>
<td>64</td>
</tr>
<tr>
<td>Okra, frozen</td>
<td>1 cup</td>
<td>94</td>
</tr>
<tr>
<td>Oysters</td>
<td>3 oz</td>
<td>49</td>
</tr>
<tr>
<td>Platanin, raw</td>
<td>1 medium</td>
<td>66</td>
</tr>
<tr>
<td>Rockfish</td>
<td>1 fillet</td>
<td>51</td>
</tr>
<tr>
<td>Scallop</td>
<td>6 large</td>
<td>55</td>
</tr>
<tr>
<td>Seeds, pumpkin, and squash</td>
<td>1 oz (142 seeds)</td>
<td>151</td>
</tr>
<tr>
<td>Soy milk</td>
<td>1 cup</td>
<td>47</td>
</tr>
<tr>
<td>Spinach, cooked</td>
<td>1 cup</td>
<td>157</td>
</tr>
<tr>
<td>Tofu</td>
<td>1/4 block</td>
<td>37</td>
</tr>
<tr>
<td>Whole grain cereal, ready-to-eat</td>
<td>1/4 cup</td>
<td>24</td>
</tr>
<tr>
<td>Whole grain cereal, cooked</td>
<td>1 cup</td>
<td>56</td>
</tr>
<tr>
<td>Whole wheat bread</td>
<td>1 slice</td>
<td>24</td>
</tr>
</tbody>
</table>

Source: USDA Nutrient Database for Standard References, Release 15 for Magnesium, Mg (mg)
Glaucoma is the second leading cause of blindness worldwide. Early detection and treatment of glaucoma are the only ways to prevent vision impairment and blindness once the disease is present. It is estimated that more than 2 million Americans age 40 and older suffer from glaucoma and, because it causes no early symptoms, nearly half do not know they have the disease. To bring attention to the disease and to educate individuals on this “Sneak Thief of Sight,” the month of January has been designated National Glaucoma Awareness Month.

Check your knowledge by taking this test. Answers can be found on page 4.

1. People with diabetes are more likely to develop glaucoma.
   [ ] True  [ ] False

2. Headaches and fuzzy vision are common symptoms of glaucoma.
   [ ] True  [ ] False

3. People who have close relatives with glaucoma are at greater risk of the disease.
   [ ] True  [ ] False

4. Glaucoma occurs when the liquid that nourishes and bathes the eyes does not drain properly.
   [ ] True  [ ] False

5. Glaucoma is a rare disease affecting only a few thousand Americans.
   [ ] True  [ ] False

6. Glaucoma strikes all age groups the same.
   [ ] True  [ ] False

7. African-Americans are at greater risk of blindness from glaucoma than any other ethnic group.
   [ ] True  [ ] False

8. Eye doctors always check for glaucoma during a routine eye exam for new glasses.
   [ ] True  [ ] False

9. Once glaucoma is detected it can be cured with medication.
   [ ] True  [ ] False

10. Medicare covers a glaucoma screening for certain recipients.
    [ ] True  [ ] False

**Nutritional Supplements and Vision**

For the last decade, there has been mounting evidence that dietary supplements can help prevent the onset and progression of cataracts and age-related macular degeneration (AMD). However, clinical trials had proven inconclusive until October 2001, when the National Eye Institute (NEI) released new findings in their Age-Related Eye Disease Study (AREDS).

The nine-year study tracked about 4,700 patients, ages 55-80 in 11 clinical centers nationwide. Participants were given one of four treatments: 1) zinc alone; 2) antioxidants alone; 3) a combination of antioxidants and zinc; or 4) a placebo, a harmless substance with no medical effect.

**What were the major results of the study?**

The AREDS study suggested that pharmacological-level doses of zinc, vitamins C and E, and beta-carotene may help slow the progression of AMD. Unfortunately, the nutrients did not lower the risk of cataract development.

The benefits of the nutrients were seen only in people who were at high risk of developing advanced AMD, those with intermediate AMD, and those with advanced AMD in one eye. Among these people, those taking antioxidants plus zinc had the lowest risk of developing advanced stages of AMD and the vision loss associated with it. Those who took the zinc alone or antioxidant alone also reduced their risk of developing advanced AMD, but more moderately. Those in the placebo group had the highest risk of developing advanced AMD.

Other research has suggested that lifelong good nutrition may lower the risk of some eye diseases. A lifetime diet rich in certain dark green vegetables may reduce the risk of AMD. You can also help your general eye health by avoiding smoking, staying active, and controlling your blood pressure.

This is good news for individuals with AMD. Although not a cure or reversal, the study gives sufferers some supplement options that can slow progression. Please talk to your Riordan Clinic doctor to discuss what supplements and dosages are appropriate for you.

*“Nutritional Supplements and Vision.”
Prevent Blindness America, 211 West Wacker Drive, Suite 1700, Chicago, Illinois, 60606. 2010.*
Glaucoma, often called the sneak thief of sight because it can strike without pain or other symptoms, is a group of eye diseases that cause damage to the optic nerve. Often, it’s not until the disease is at an advanced stage that the related vision loss becomes apparent, and by then your sight may suffer permanent damage.

Dr. Sam Cohlmia, American board-certified ophthalmologist, will be at the Riordan Clinic January 20 to discuss the two main types of glaucoma, including the diagnosis, risk factors, treatment options, and most of all, what can be done to maintain eye health and prevent the disease.

Dr. Cohlmia is from Wichita, KS. He graduated from Wichita State University and the University of Kansas School of Medicine, followed by an Ophthalmology residency at the University of Colorado Health Sciences Center in Denver. In private practice as a general ophthalmologist since 1997, Dr. Cohlmia specializes in the medical and surgical care of cataracts, glaucoma, ocular trauma, eyelid reconstruction and cosmetic eyelid procedures, refractive surgical vision correction, macular degeneration, diabetic eye disease, and ocular infections.

Everyone is at risk for glaucoma. However, there are certain factors that increase your risk. Through early detection, diagnosis, and treatment, you and your doctor can help to preserve your vision. Come join us and learn more about glaucoma and your eye health.

For reservations: call 316.927.4273 or email us at reservations@riordanclinic.org
Cost: $15 - Lunch is included.

To recognize and support National Glaucoma Awareness month, we are offering our Eye Health Panel at a substantially reduced price. Mainstream medicine does not normally test for vitamin, mineral, and other nutrient deficiencies that can assist with eye health issues. Don’t be left in the dark. To have your levels measured call 316-684-7784 to schedule an appointment. This special is available from Jan. 3, 2011 – Jan. 31, 2011.

Do you have a family history of cataracts, macular degeneration, or glaucoma? Our Eye Health Panel measures 10 different nutrient factors that impact vision. The results provide a guide to which supplement are needed to help optimize your eye health.

- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin B2
- Vitamin B5
- Lutein
- Beta Carotene
- Red Blood Cell Selenium
- Red Blood Cell Zinc
- Urine Vitamin C

Regular $754 | SPECIAL $415

45% savings