



Health Hunters

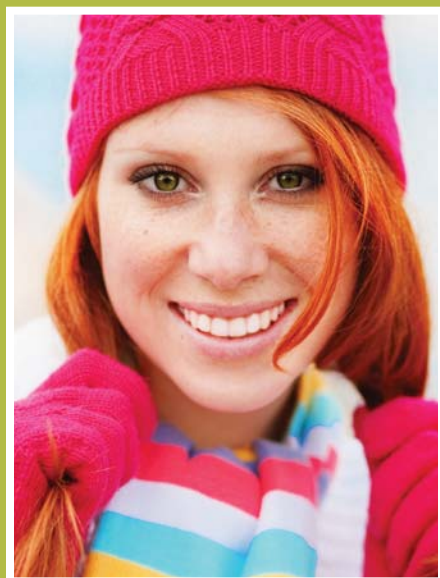
Newsletter

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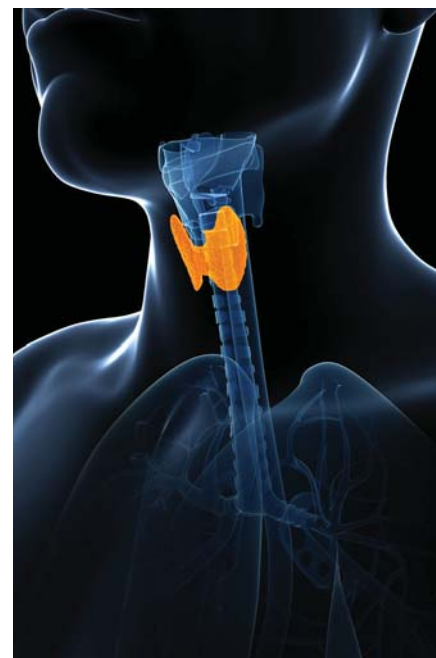


If My Thyroid Is "Normal," Why Do I Feel so Bad?

by Ron Hunninghake, MD

Type "hypothyroidism symptoms" in a Google search. You will get the following list from the website of the prestigious Mayo Clinic, which is high on the list of hits:

- Fatigue
- Increased sensitivity to cold
- Constipation
- Dry skin
- Unexplained weight gain
- Puffy face
- Hoarseness
- Muscle weakness
- Elevated blood cholesterol level
- Muscle aches, tenderness and stiffness
- Pain, stiffness or swelling in your joints
- Heavier than normal or irregular menstrual periods
- Thinning hair
- Slowed heart rate
- Depression
- Impaired memory



Eureka! If you have been frustrated in your search for why you feel so bad, you suddenly think you've found a diagnostic pot of gold! This certainly appears to be the answer you've been searching for: the proverbial "underlying cause" for your chronic ill health. It may not be an exact fit, but so many of these symptoms are just what you've been suffering from for so long now.

Excitedly you print out the article and bring it to your doctor. He's interested! He too would like to help you figure out WHY you've been afflicted with so many disjointed symptoms. (You've already tried the antidepressant med he prescribed, and the pain med, as well as the muscle relaxer, and maybe even a sleeping pill or fibromyalgia med. None of these helped much. The side effects became intolerable.)

He says, "Okay, let's do thyroid testing to check this out." You practically run to the lab with high hopes of nailing what should be a slam dunk diagnosis. You know it's going to be abnormal because you have a parent and several other family members who have had thyroid problems. Soon the letter (or e-mail or phone call) comes: "Your thyroid is okay. The test was in the normal range."

What?!! Was there some kind of mistake? Did they get my blood mixed up with someone else's? It can't be...I fit the symptom profile so precisely.

Now your doctor is a bit upset. A lab test is an objective result...and it was NORMAL. He's giving you that "Are you a closet hypochondriac?" look. But you know your symptoms are real. Why doesn't the lab test match up?!!

If My Thyroid Is "Normal," Why Do I Feel so Bad? continues on page 2...

Contact the Editor:

Please send any comments or suggestions to newseditor@riordanclinic.org.

Thank you for reading,

Tiffany Hurley
Marketing Manager
Editor

If My Thyroid Is "Normal," Why Do I feel so Bad? continued from page 1...

This extremely frustrating situation (for both the patient AND the doctor) happens over and over in conventional medical settings. WHY?

After working at the Riordan Clinic for 25 years and hearing of this scenario several times a week, **I believe I now know why this happens. More importantly, I know HOW it can be remedied.**

First of all, it is a matter of training. The vast majority of docs are trained to evaluate thyroid-like symptoms with a single test: the TSH. TSH stands for Thyroid Stimulating Hormone.

The training here is unequivocal: "If the thyroid gland is functioning normally, the TSH test will be in the normal range."

Turns out, this is indeed true. Your thyroid GLAND is usually normal when your TSH is normal. (There is an exception I'll discuss a little later.) However, a normal TSH does not mean your overall thyroid-metabolic system is normal. There is more to the story.

The symptoms of hypothyroidism typically occur when the overall thyroid-metabolic SYSTEM has become dys-regulated. This can occur even when the thyroid gland is functioning "normally." This is generally NOT TAUGHT to conventional medical doctors. The science is there, but it has not been disseminated to the medical profession—yet.

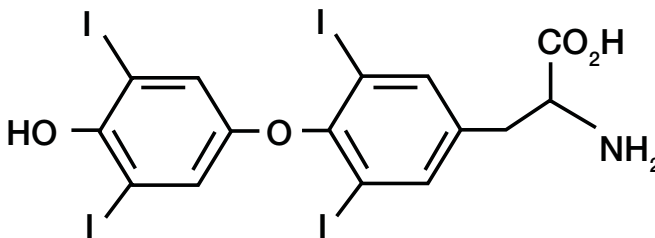
To understand thyroid-metabolic system DYS-REGULATION, you have to think back in time to when our ancestors lived and fought to survive without the benefit of doctors, hospitals, and grocery stores.

Say the hunting was terrible, or no food was available to gather. That's called "starvation." In that situation, keeping the metabolic rate high with rapid burning of bodily fuel reserves was a huge survival disadvantage. How could the body "shift gears" and quickly slow the metabolism in order to conserve energy?

Every system in the human body is based upon homeostasis. This means "balance." But this balance is not rigid, it must be adaptive.

If our thyroid-metabolic system was not homeostatic, it could not adapt to changing environmental conditions. Our ancestors would not have been able to survive starvation, injuries, poisoning, and a whole host of disruptive and inflammatory situations they typically encountered.

Fortunately, there is a simple molecular explanation for how the thyroid system maintained this crucial adaptive balance. This explanation is also the KEY to understanding why the TSH test is insufficient to accurately diagnose hypothyroidism. Pay attention!



What molecule does the thyroid gland make? Thyroxine, or levothyroxine, or T₄. The image to the left shows us what the molecule looks like.

See the four iodines? That's why it is called T₄. A normal thyroid gland makes T₄. A normal TSH means your thyroid is making a normal amount of T₄. Unfortunately, environmental issues like starvation or infection can affect what happens to that T₄.

So what happens to T₄ after it is made? It is converted to T₃ by an enzyme called de-iodinase. This enzyme, as its name implies, removes one of the lower iodines to create the T₃ molecule, which is called Liothyronine: *(image follows on the next page)*

If My Thyroid Is "Normal," Why Do I feel so Bad? continues on page 3...

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Patient Profile: Thyroid Success

by Nichole Kunkel, RN

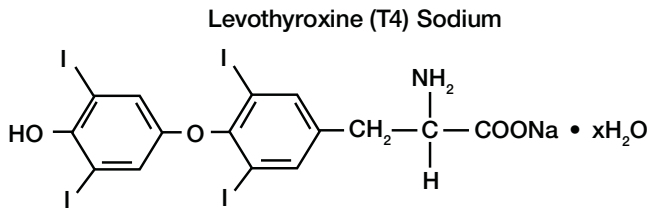
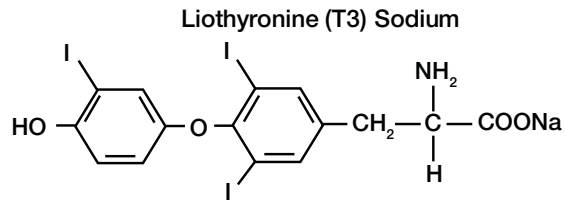
The thyroid, one of the body's largest endocrine glands, regulates how the body uses energy and makes proteins, and controls the body's sensitivity to other hormones. A primary function of the thyroid is production of the hormones T3 and T4. These hormones are mainly responsible for the regulation of metabolism and are created in a complex process. A larger portion of T4 is converted to T3 by organs such as the liver, kidney and spleen. T3 and T4 are synthesized from iodine and tyrosine, and their production is regulated by thyroid-stimulating hormone (TSH). TSH production can easily be altered by elevated levels of glucocorticoids, sex hormones (estrogen and testosterone), and excessively high blood iodide concentration.

After learning the complexity of the thyroid, it is easy to see how difficult it can seem to diagnose or even regulate thyroid issues. Multiple symptoms can be contributed to a thyroid disorder. With profound knowledge, quick diagnosis and amazing results, the doctors at Riordan Clinic have become known as "thyroid Gurus."

This expert knowledge helped one particular young woman in her early thirties who visited the clinic seeking help for multiple symptoms: fatigue, myalgia, thinning hair, low body temperature, weight gain, headaches, sleep disorder, reoccurring illness and conception difficulties. A thyroid panel, including a serum free T3, free T4, reverse T3 and TSH, was one of the labs drawn after her initial doctor's visit. She immediately started taking a low dose of thyroid medication, along with a thyroid supplement, Iodoral. After lab results concluded a definite thyroid disorder, thyroid medication doses were adjusted accordingly. Within days many symptoms began to improve and some even resolved. She was no longer plagued by constant fatigue; sleeping all through the night became the norm; headaches went way, and her overall muscle aches were few and far between.

A little over a year has passed since her initial visit to the clinic. Since being on her patient-specific thyroid medication dose, thyroid supplement, and a few other health improving supplements, this young woman has only experienced one seasonal cold, has lost over 30lbs and is currently pregnant with her first child.

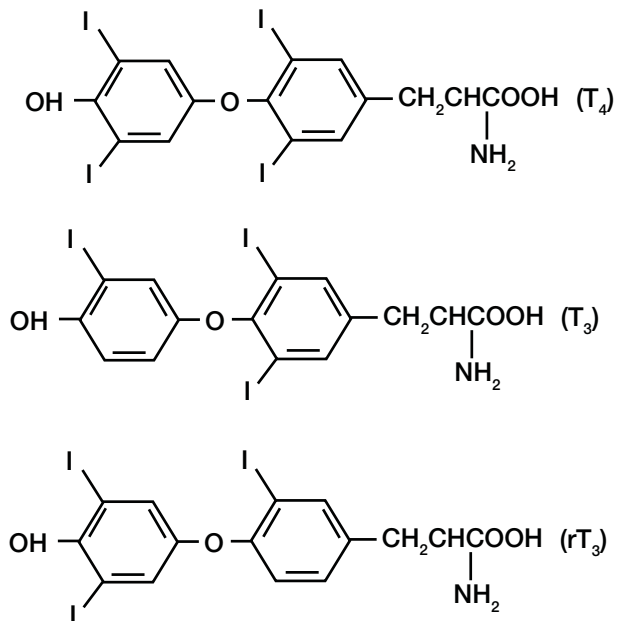
The thyroid is a very important regulator within the body. Thyroid testing and treatment can be life changing for many people. Schedule your appointment with a doctor at the Riordan Clinic today to see if your symptoms may be thyroid related.



When this conversion occurs, the T3 formed is approximately FOUR TIMES the potency of T4. This means that the thyroid hormone has been activated to better turn on the metabolic system to generate more energy and to better activate every cell and every organ in your body.

But if all you had was an activation system with no counterbalance, how would the body maintain homeostatic balance? (Get ready. What follows is the part that most doctors have never been taught.)

There are actually TWO DE-IODINASE enzymes! The one mentioned above that creates T3 is called the 5' (Five Prime) de-iodinase. Then there's the sister enzyme called just 5 de-iodinase and it takes off THE OTHER lower iodine in order to create Reverse T3, also symbolized as rT3 (the bottom molecule in the three that follow.)



rT3 is the mirror image of T3. T3 is about FOUR TIMES AS POTENT as T4, whereas rT3 has ZERO POTENCY. It is the proverbial "blank key." It fits into the T3 receptors present on the nucleus of every cell in the body. It fits, but it blocks T3 molecules. It is what endocrinologists call a "competitive inhibitor" of thyroid function at the cellular level.

Are you starting to get the picture? T3 activates and rT3 inhibits. This is thyroid homeostasis at the cellular level. Ask your doc if he's aware of this.

Here's the piece of the puzzle that solves the big enigma of WHY MY THYROID IS "NORMAL" WHEN I FEEL SO BAD:

Environmental threats (stress, starvation, infection, inflammation, and / or poisons) are met with a simple adaptive response: the body DOWN-REGULATES 5' DE-IODINASE.

This enzymatic down-regulation (which can happen fairly quickly) reduces the conversion of T4 to T3. Plus, the thyroid gland is still pumping out T4 which has to "go somewhere." It has to go down the other enzymatic pathway: more T4 gets converted to rT3.

This then tips the homeostatic balance of the T3/rT3 ratio in favor of rT3. The resulting metabolic slowdown SAVES ENERGY short term. This is called an "epigenetic response" that has short term survival value that gives us time to figure out an adaptive response to the threat.

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New Supplement Store Hours

Our Supplement Store now has the
same hours as the Clinic

Clinic and Store Hours

Monday – Thursday 8am – 6pm
Friday 9am – 4pm

If My Thyroid Is "Normal," Why Do I feel so Bad? continued from page 3...

Unfortunately, IF the environmental threat does not resolve, the metabolic slowdown can go long term. This results in a FUNCTIONAL STATE OF HYPOTHYROIDISM—even if the TSH test is normal!!

In modern times, these epigenetic dys-regulators are all too often CHRONIC. Chronic viral infections, heavy metal poisoning, life situation stressors, autoimmune inflammation, or chronic dieting can all contribute to chronic dys-regulation of the thyroid-metabolic system leading to high reverse T3 levels and lower T3 levels.



If you have the symptoms listed at the beginning of this article, and your TSH is normal, ask your doctor to draw a Reverse T3 and a Free T3 level. If the rT3 is running high or high normal, and the fT3 is running low or low normal...you have functional hypothyroidism at the cellular level.

So what's the cure? Correct the underlying dys-regulators, of course! This is easier said than done. In the meantime, there are safe ways to re-balance your fT3/rT3 ratio using low dose hormonal prescriptions. Call us if you are interested in finding out more about this.

Hopefully you now realize you are not a hypochondriac. And your doctor is not a bad doctor—he's probably not been exposed to this new info. Have him go to www.nahypothyroidism.org, which has comprehensive explanations and hundreds of scientific references.

You might also want to watch my video on this issue, *The Thyroid Link to the Potbelly Syndrome*, at Riordanclinic.org/education/lectures which goes into this model in greater depth and applies it to a common outcome (the potbelly) of having a dys-regulated fT3/rT3 ratio.

There is one other related scenario we can't cover here (the exception I mentioned earlier): autoimmune thyroiditis. In a future article we will discuss how Hashimoto's disease can also cause thyroid disorders without necessarily affecting the TSH test. Stay tuned!



From Bio-Center Laboratory at the Riordan Clinic

The following are tests your doctor may order to help determine thyroid function:

Essential information and function of thyroglobulin:

Minerals: Iodine, Calcium, Magnesium, Selenium

Vitamins: B2, B3, C

Amino Acid: Tyrosine

Toxic suppression of thyroid function:

Halides—Mercury, Fluorides, Bromine, Perchlorates

Food sensitivities (including gluten)

Anti-thyroid Antibodies (including anti-thyroperoxidase)



Motivating Concepts

“When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot be exerted, wealth becomes useless, and reason is powerless.”

—Herophilus c. 300 b.c.

Three Ways to Feed Your Thyroid Coconut Oil

by Laurie Roth-Donnell | Master Herbalist and Holistic Health Practitioner



In a prior article, entitled *Foods to Naturally Support Thyroid Health*, I reported the incident of mild hypothyroidism in the United States was estimated at thirty percent in women. “Mature” women commonly confuse the symptoms of thyroid malfunction with those of menopause. Common symptoms include fatigue, weight gain, dry skin, hair loss, irregular periods, problems catching one’s breath and depression. Many go years without a proper diagnosis or treatment plan. One major line

of defense is a proper diet and the importance of thyroid “friendly” foods, which include beans, herb teas, and friendly oils such as coconut, olive, flaxseed, and safflower.

The newest superstar of oils, organic virgin coconut oil, is a highly saturated fat, not from an animal source! It is rich in lauric acid, which stimulates thyroid function, while increasing metabolism to trigger natural weight loss. The oil’s increased popularity is evident by its presence on most grocery store shelves or online. Make sure you purchase the USDA certified organic, extra virgin unrefined oil, which contains 6.2g of lauric acid, 1g caprylic acid and 800mg of capric acid.

Organic virgin coconut oil is derived from the meat of matured coconuts, and is mild in flavor and an extremely stable oil, making it most suitable for cooking and appropriate in medium to high heat to 350 degrees. One tablespoon has 130 calories and 12g of saturated fat, with zero trans fats, no cholesterol and is gluten, sodium, and sugar free. It should be stored in a cool dry place, no refrigeration is necessary. The coconut oil remains in a solid state but will quickly transform to liquid at temperatures around 75 degrees. All health and nutrition properties remain the same in either the solid or the liquid state. Below are three easy ways to add it to your life.

FOR COOKING

Cooking with coconut oil is easy; simply substitute it for margarine, butter, shortening or any other cooking oil you have been using for baking and frying. It is also delicious as a spread or used in salad dressing. Add a tablespoon to your morning smoothie or any blended natural “green” drink.

FOR THE SKIN

Topically, coconut oil not only has a fantastic aroma, it is rich in lauric acid and used in a wide variety of skin and hair care products, including body and facial cleansers, soap and sunscreens. Some scientific research backs up the use of coconut oil and lauric acid in these products, and a number of studies have shown that coconut oil can help moisturize skin and treat skin infections. You can safely use coconut oil for cleansing, moisturizing, and keeping hair healthy with no worries that it will get into your body and raise your cholesterol levels. Be cautious when using as a facial moisturizer, as coconut oil can block the pores of susceptible people.



Below are a few simple ideas featuring coconut oil as a topical. It is fantastic for your skin and hair due to its deep penetrating, antibacterial and antimicrobial characteristics! When incorporated with simple essential oils, your skin becomes revitalized, and with a simple scrub, your circulation is enhanced and the skin renewal process begins.

Three Ways to Feed Your Thyroid Coconut Oil continues on page 6...

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Happy New Year
from

Marie's Cafe And Bakery
at the Riordan Clinic

Cafe Hours 9:00 am – 3:00 pm M–F
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"Caring for the whole person has
always been our focus."—Marie Hunt,
Owner

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information. mariescafeandbakery.com

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316-927-4780 office
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dining room



Three Ways to Feed Your Thyroid Coconut Oil continued from page 5...

Coconut Skin Polish

2 cups organic coconut oil
1/2 cup sweet almond or avocado oil
1 cup cornmeal
Essential oils of choice

Soften coconut oil, whip in the almond or avocado oil, blend in cornmeal. Select your choice of the following essential oils and add to the bottom of each jar, then pour in the oil/cornmeal polish; stir, and cover immediately to capture the entire aroma!

Essential Oils Guide:

Thyroid Stimulation: 15 drops lavender & 5 drops
lemon balm (per 4 oz)

Hydrating and Healing: 15 drops lavender, 5 drops lemon
balm, 2 drops geranium, 3 drops melaleuca (per 4 oz)

Lavender will calm and sooth your skin and relieve acne, sunburns, and insect bites. Lavender can be used aromatically and has a soothing effect to calm nerves, relieve depression, tension, and headaches. It is also great for throat and mouth problems like halitosis, throat infection, or whooping cough.

Lemon Balm is from the mint family and is an amazing herb, considered beneficial to your thyroid. Research shows that this herb may normalize the activity of overactive thyroid glands. It reduces the production of thyroid hormones and eases the symptoms associated with a hyperthyroid gland.

Geranium is a common ingredient in skin care products due to its healing properties and is widely used as a perfuming agent. It is attributed to enhancing mood, calming the nervous system and increasing circulation.

Melaleuca, commonly marketed as Tea Tree Oil, can be added for a deeper clean and will calm and soothe your skin. Tea tree oil is the essential oil steam distilled from the Australian plant Melaleuca alternifolia. Tea tree oil is usually clear to very pale golden in color and it exudes a fresh, camphor-like scent. Kathi Keville of HowStuffWorks.com says this oil is often called a "medicine cabinet in a bottle" and is "effective against bacteria, fungi, and viruses and stimulates the immune system." I recommend using the polish twice a week; scrub it all over your body, and then shower.



FOR THE HAIR

When combined, coconut oil and rosemary essential oil stimulate the hair follicles to increase growth, strengthen the hair shaft and reduce graying. Research shows that coconut oil can prevent combing damage to hair so it is great for an after wash leave in conditioner.

Coconut/Rosemary Hot Oil Treatment

2 TBS coconut oil
2 drops rosemary essential oil

Warm coconut oil and add rosemary. Massage into scalp and hair ends. Cover with warm towel and wait 20 minutes. Lather out with regular shampoo regimen.

Rosemary oil has a pronounced action on the brain and the central nervous system and is wonderful for mental awareness and clearing the mind, while having excellent brain stimulant properties, as well as improving memory. It helps with headaches, migraines, neuralgia, mental

Three Ways to Feed Your Thyroid Coconut Oil continues on page 7...

fatigue, and nervous exhaustion. The antiseptic action of rosemary oil is especially suitable for intestinal infections and diarrhea, easing colitis, dyspepsia, flatulence, hepatic disorders and jaundice and relieving pain associated with rheumatism, arthritis, muscular pain, and gout. It also helps arteriosclerosis, palpitations, poor circulation, and varicose veins.

The diuretic properties of rosemary oil are useful for reducing water retention during menstruation, and also with obesity and cellulite.

Keep in mind, in order to monitor your thyroid health, testing after the age of 35 is recommended. Please visit your primary care physician regarding testing and treatment options.

Live well and enjoy incorporating coconut oil into your new year!

Sources:

www.herbs-info.com

Dr. Andrew Weil, (<http://www.drweil.com>)

The New Optimum Nutrition Bible, by Patrick Holford

Kathi Keville of HowStuffWorks.com

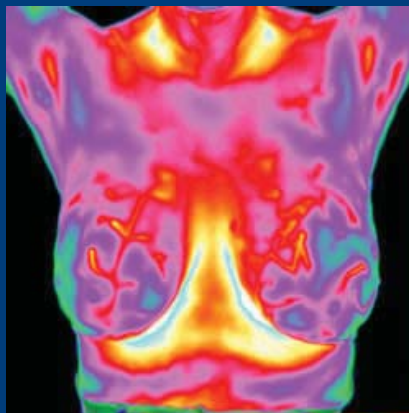
"Aromatherapy: An A-Z"; Patricia Davis;1999



New! Specialty Services at the Riordan Clinic

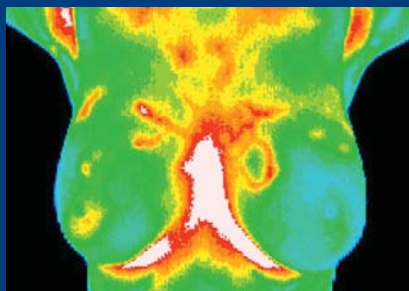
Infrared Breast Thermography

What is it? A non-radiation, non-contact breast screening that uses infrared cameras to measure the heat coming from the surface of your body. Doctors can then use the thermal images created to alert them to physiological abnormalities due to inflammation or increased tumor related blood flow.



Benefits:

- Completely safe (non X-ray)
- Non-contact
- Has a very high diagnostic sensitivity for women of all ages
- Finds breast cancer BEFORE it reaches the stage that is seen by X-Ray (up to 5-8 years earlier!)
- Can be used as a detection tool for carotid and thyroid organ systems that may need attention or therapy
- FDA approved as a complementary therapy to mammography

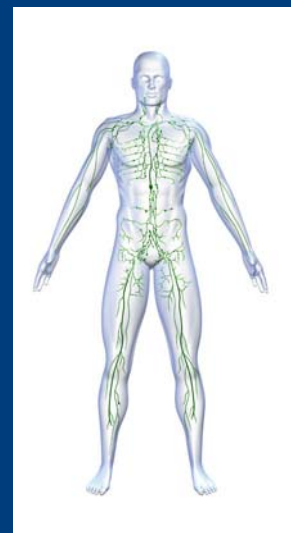


Electro-Sound Lymphatic Drainage

What is it? An accelerated method of cleansing and detoxifying your lymphatic system.

Benefits:

- Boosts immunity
- Detoxifies the bodily tissues
- Removes pathogens via the lymph system
- Regenerates tissue, including burns, scars, stretch marks, wrinkles
- Supports breast and prostate health (including post-mastectomy)
- Reduces edema (swelling) and lymph edema of many origins
- Reduces symptoms of chronic fatigue syndrome and fibromyalgia
- Relieves discomfort from fibrocystic breasts
- Relieves chronic joint and muscle pain
- Assists with weight loss
- Alleviates cellulite tissue
- Supports preventive health maintenance



\$294 for screening and doctor consultation

To learn more about these new services, visit our website at www.riordanclinic.org OR to schedule an appointment, call 316-682-3100.

Invest in the Vision

Mike Bauerschmidt, MD, CCT has arrived at the Riordan Clinic to pursue his passion for environmental medicine. "The Riordan Clinic is where I learned I could practice medicine a better, smarter way," he says. He was pleased that so many of you were able to attend his welcoming reception recently.

We are excited about the new therapies that Dr. Mike brings: infrared breast thermography for safer breast health; lymphatic drainage for detoxifying and cleansing the lymphatic system; and, neurointegration to help balance the brain. Renovation is in full-swing in Dome 6 and will include structural modifications, computer system, saunas, treadmill, furnishings, and supplies. An automatic entrance was made possible through a donation.

If you would like to invest in this expansion or schedule a visit at the Riordan Clinic to learn more about it, please contact:

Paula Smith at 316-682-3100 or psmith@riordanclinic.com.

You can be part of taking the Riordan Clinic to the next level in the mission to *stimulate an epidemic of health*.



Mike Bauerschmidt, MD, CCT

Lunch & Lecture Series 2014

Tired? Could It be Your Thyroid?

A quick internet search for the causes of fatigue almost always brings up LOW THYROID. A trip to the doctor with this information in hand generally results in the following lab test: TSH (Thyroid Stimulating Hormone). All too often, to the surprise and disappointment of the patient, the word comes back: "Your thyroid is normal." BUT IS IT? Dr. Ron Hunninghake, after 25 years of focusing on thyroid health issues, has found a "missing piece" to this puzzle that answers the question: If my thyroid is "normal" why do I feel so bad?!



Presenter: Ron Hunninghake, MD

When: Thursday, January 16, 2014
12:00–1:00p.m.

Cost: \$10, Lunch is included.

WE ARE NOW OFFERING A SOUP AND SALAD BAR FOR LUNCH. PLEASE COME A FEW MINUTES EARLY TO DISH UP BEFORE THE LECTURE BEGINS.

If you are unable to attend in person check out this lecture on live webcast.

Reservations REQUIRED

Call **316-927-4723** or email us at reservations@riordanclinic.org



Lunch and Lectures: A Look Ahead...

March 20, 2014	The 17 Correctable Causes of Chronic Illness	Dr. Ron Hunninghake and all Riordan Clinic doctors
May 8, 2014	Is a Healthy Diet Always a Fat Loss Diet? How to eat and exercise to lose weight	Dr. Jennifer Kaumeyer
July 17, 2014	Which Comes First—Aging or Hormone Loss?	Dr. Mike Bauerschmidt
November 13, 2014	Conquer Stress by Renewing Your Adrenals	Dr. Anne Zauderer

Dates, topics and titles are subject to change.

