



Health Hunters Newsletter



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A service of the
Riordan Clinic,
founded in 1975 by
founding benefactor
Olive W. Garvey

DO YOU HAVE A FAMILY HISTORY OF BREAST CANCER?

by Ron Hunninghake, M.D.



One in three Americans will get cancer in their lifetime; one in four will die from it. Just thirty years ago, one in twenty American women got breast cancer, but today one in eight women will experience this disease.

For women, especially those with a family history, breast cancer is the disease they fear the most. Superimposed on this fear are nagging questions:

- Should I get a regular mammogram or avoid the radiation?
- Should I give up HRT (hormone replacement therapy) but suffer the hot flashes, loss of sleep, mood swings, and physical changes?
- If I get cancer, will I lose my femininity and vitality to aggressive surgical techniques, chemotherapy, and/or radiation therapies?

While answers to these questions must be pursued on an individual basis between patient and doctor, one answer is emerging as a common sense approach to those who may be at risk for breast cancer:

MAKE BETTER LIFESTYLE CHOICES TO REDUCE YOUR RISK OF CANCER!

Fresh, colorful, whole foods are rich in phytonutrients which are now known to reduce the risk of all cancers, including breast cancer.

An exercise routine can be life saving, even something as simple as a walking plan can lower your risk. Obviously, cutting out tobacco and limiting alcohol to one or less drinks per day can further reduce your risks.

A pro-active attitude towards

health enhancement helps you get these lifestyle changes going and growing.

Yet...in spite of many women's best efforts at self care, we have all heard the story of that woman who took great care of herself, only to discover a breast lump that turned out to be malignant.

What is missing here? Is there anything else to be done to reduce one's risks for breast cancer? Are there other SAFE WAYS TO LOWER CANCER RISK?

For the past 20 years, the Riordan Clinic has pioneered an innovative approach to cancer risk management. Dr. Hugh Riordan developed RECNAc (cancer spelled backwards) in an effort to find ways to reverse cancer trends.

His RECNAc research team looked at many promising methods of non-toxic cancer treatment.

Two research findings stood out:
1. Key nutrients have cancer protective properties.
2. Blood levels of these nutrients vary considerably.

These two findings gave rise to the idea that NUTRIENT BIOMARKERS could be a means of identifying breast cancer risk in women who were deficient in these key nutrients.

By using regular blood testing, these susceptible women could be identified and treated with the appropriate nutritional supplements, thereby reducing their cancer risk.

Modern cancer research has borne out Dr. Riordan's findings: vitamin D testing is becoming commonplace among traditional doctors as they recognize that adequate blood levels of 25-OH-D (vitamin D) can reduce the risk of ALL CANCERS by half!

The Riordan Clinic's Breast Health

continued on page 4

This issue of the *Health Hunters Newsletter* is dedicated to the fight against Breast Cancer and Breast Cancer Awareness Month.



FEATURED SUPPLEMENTS:

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LETTER

FROM THE EDITOR



Readers:

This month, October, is National Breast Cancer Awareness Month, with many

events taking place, from awareness days to sporting events.

Big or small, the events will raise awareness of what only 20 years ago was spoken about in hushed tones, when many women were too ashamed or embarrassed or just plain unaware of how important it was to get any signs of possible breast cancer checked out sooner rather than later.

Most lumps and changes that people find in their breasts (men can get breast cancer too) are benign. These lumps will not grow and kill them. But why take the chance?

It is interesting to note that breast cancer is the second most common cancer among women, skin cancer is the first. Also, one in eight women in America will be diagnosed with breast cancer.

We do not hear of many cases of men getting breast cancer because they are at a much lower risk. However, it is important for them to see their doctor if they find a lump or detect any changes, just like women.

In honor of breast cancer awareness month, this issue of the *Health Hunters Newsletter* will focus on the risks, symptoms, and treatments of breast cancer.

By doing our part in informing the public, the Riordan Clinic hopes to help people fight breast cancer by focusing on prevention, (via keeping nutrients at optimum levels) and by using early detection and various treatment options.

Amanda Hawkinson
Editor



BREAST CANCER SUCCESS STORY

A 52-year-old female first came to the Riordan Clinic in March 2010. She was diagnosed with breast cancer and had a lumpectomy done in April of 2009.

She also had 8 lymph nodes checked with no malignancy identified. She learned about our clinic by viewing our website.

At her first appointment, the following tests were conducted: a Basic Cytotoxic Test for food sensitivities, a Glucose-6-Phosphate Dehydrogenase to determine if higher levels of vitamin C could be given intravenously, and her hormone levels were obtained.

The doctor also ordered a C- Reactive Protein Test to determine her inflammation level and a CA 27.29 and CA 15-3 as a breast cancer screening. A Homocystine level, Urinalysis, Complete Blood Count, Thyroid Levels,

Minerals Selenium and Zinc, and multiple vitamin levels were checked as well.

After reviewing her lab results, she was asked to remove bananas, onion, sugar cane, rice, chicken, and MSG from her diet for 30-90 days.

Her CRP was elevated and her breast cancer screening levels were in a normal range. It was also noted that her vitamin D level was low and her TSH level was elevated.

She was given a prescription for Armour Thyroid, 60 grams of Intravenous Vitamin C two times a week, and Vitamin D.

In August a repeat CRP level was conducted. It was noted that her levels had come down and were only slightly elevated.

She continues to receive the IVC 60 grams two times a week and to see the physician for follow up care.

SPECIAL OFFER

Did you know that 1 in 8 women or 12.6% of all women will get breast cancer in her lifetime?

To support the fight against breast cancer and National Breast Cancer Awareness Month the Riordan Clinic is offering the **Breast Health Panel** at a substantially reduced price. The Riordan Clinic will donate a portion of the revenue from the Breast Health Panel to the Susan G. Komen for the Cure organization.

Breast Health Panel

Do you have a family history of breast cancer or are you concerned about your risk factors?

- The breast health panel measures 10 different nutrients that are relevant to breast health.
- Vitamin A
- Vitamin E
- Vitamin C plasma
- Vitamin D
- B6
- Folic Acid
- Lycopene
- Coenzyme Q10
- Selenium RBC
- Vitamin C Urine
- The test results provide a guide to what supplements to take to optimize breast health.



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BREAST CANCER SUCCESS STORY

In January 2010 a 50 year old female came to the Riordan Clinic. She showed symptoms of jaw pain, headaches, and pain in her right hip.

She also revealed that she had a fibrocystic lump in her breast. Once a biopsy had been performed she was diagnosed with invasive ductal cancer.

She saw Dr. Hunninghake and he recommended she have the following tests done: The Basic Cytotoxic Test to determine her food sensitivities, along with vitamin levels A, E, plasma C, B1, B2, B3, B5, B6, B12, Folic Acid, Vitamin D, and Beta Carotene.

She also had lutein, lycopene, Co enzyme Q 10, and mineral levels tested, as well as thyroid Free T3 and urine pyrrole tests done. Amino acid levels were recommended as well. She also received intravenous vitamin-C infusions 3 days in a row.

After 2 weeks she returned for a follow up appointment to go over all of her lab test results. It showed low levels of vitamin D and lutein, and her C-Reactive Protein level, which shows level of inflammation, was high.

With this new information, she was given Magnesium Citrate, probiotics, Osteoprime, vitamin D, and lutein, while continuing to take Co-Q10.

She also was instructed to do 25 gram IVC infusions with magnesium weekly for 12 weeks because of the breast cancer, along with chemotherapy she does elsewhere.

She is now finished with chemotherapy and her Positron Emission Tomography (PET) scan in August shows reduced cancer activity. She has felt much improvement since first coming to the clinic.

She has hot flashes but no headaches, and has no pain in her hip, which she attributes to the help of the Riordan Clinic.

She is doing well and will continue the IVC infusions and to see Dr. Hunninghake for further care.

□

BREAST CANCER PREVENTION

by Andrea Rogers, Research Scientist



It has been estimated by the National Cancer Institute that during 2010 207,090 women and 1,970 men in the United States will find out they have breast cancer.¹ Treatments include surgery, chemotherapy, and radiation.

A theory that has been suggested is that cancer forms when the body has exhausted itself and depleted nutrient stores due to a non-healing wound.

The theory continues that by replenishing the missing factors, the body will eventually heal itself and be rid of the cancer.

In order to replenish the body, levels of different factors and nutrients must be known and treatments adjusted accordingly. The following are a few key nutrients:

LIPOIC ACID

Every cell in the body contains lipoic acid. Lipoic acid takes glucose and turns it into usable energy and acts as an antioxidant and chelator of metals. It interacts with vitamins C and E and increases the antioxidant glutathione.

In 2009, lipoic acid was shown to inhibit growth and induce death in breast cancer cell lines.²

Lipoic acid has also been found beneficial in diabetes, heart disease, Parkinson's, and Alzheimer's.⁴

STEM-KINE AND ENDOTHELIAL PROGENITOR CELLS

Stem-Kine is a supplement used to increase the number of circulating endothelial stem cell progenitors to allow the body to heal itself.

Endothelial function has been reported to improve post stem cell stimulation in cancer patients.⁵

VITAMIN C

The Riordan Clinic has been doing high dose intravenous vitamin C for over 35 years as treatment for cancer. Vitamin C as an antioxidant has been shown to selectively kill cancer cells.

The oxidative damage that vitamin C can do to cancer cells can be enhanced by copper and iron.^{6,7}

Vitamin C helps fight cancer in a variety of ways; boosting immunity,

stimulating collagen to "wall off tumors,"⁸ inhibiting oncogene viruses,⁹ and enhance certain chemotherapy drugs.¹⁰

Vitamin C also aids in the correction of the sodium/potassium ratio, often disturbed in cancer patients.¹¹

COENZYME Q10 (COQ10)

Due to low energy metabolisms patient's survival times are shortened. CoQ10 serves in the production of energy within each cell increasing survival time. Also a scavenger of reactive oxygen species that may cause cancer,¹² CoQ10 has been shown to inhibit growth of several cell lines of breast cancer.¹³

It is to be noted that high levels of CoQ10 in post menopausal women may be associated with an increased risk of breast cancer.¹⁴

PYRROLES

Pyrrroles, or the mauve factor, are released into the urine in times of stress. Patients with various types of cancer have elevated pyrrroles. Research shows that lung cancer seems to have the highest amounts.

In a review of patient data, with breast cancer being the most common type of cancer, 48% had elevated pyrrroles.

HYPERBARIC OXYGEN


In case you missed last month's newsletter, hyperbaric oxygen is the inhalation of oxygen at an increased atmospheric pressure.

Studies show hyperbaric oxygen can inhibit primary and metastatic breast cancer.¹⁶ Additionally, it has been shown to enhance the efficiency of chemotherapy drugs gemcitabine, paclitaxel, melphalan, and doxorubicin.^{16,3}

Hyperbaric oxygen can also help heal wounds post surgery by increasing oxygen to the site and helping to prevent infections by stimulating fibroblast, collagen,^{17,18,19} and epithelial cells for new tissue.

Replenishing the depleted elements in the body can help the body heal.

By testing various factors the doctor can get an overview of the body's condition and give appropriate adju-

active therapies to the standard surgery, chemotherapy, and radiation for not only breast cancer, but other cancers as well. 



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Panel includes not only a vitamin D level, but also several other blood nutrient levels that research has identified as "cancer-protective."

SELENIUM is a mineral necessary for the activation of glutathione peroxidase, your body's most important antioxidant, detoxifier, and immune enhancer.

Pesticides and plastics that mimic estrogen are major contributors to breast cancer. Detoxifying these chemicals (which are primarily stored in fatty tissue, such as the breast) helps to reduce the risk of DNA damage and mutation, which sets the stages for cancer.

Higher selenium tissue reserves correlate significantly with breast cancer protection in many research papers.

COENZYME Q-10 (CoQ10) is present in every cell in your body. Your cells require oxygen to oxidize nutrients. CoQ10 enhances the movement of oxygen into the mitochondrial furnaces of the cell, thus restoring aerobic functioning. Cancer cells function in an anaerobic way, inefficiently metabolizing glucose to lactic acid.

The PET scan, used to detect malignant tumors, employs radio-tagged glucose as its marker. Cancer cells rapidly take up the tagged glucose and glow on the scan. Drugs that lower CoQ10 increase cancer risk. One study showed that CoQ10 can help shrink tumor cells.

FOLIC ACID is a crucial B vitamin that is necessary for making and repairing chromosomes. Chromosomal damage is associated with the development and growth of cancer cells. Smokers with lower folic acid levels show more chromosomal damage than smokers with normal folic acid.

Patients taking methotrexate, a folic acid inhibitor, are at a statistically higher risk for cancer.

Cancers involving epithelial cells are most often associated with folic

acid deficiency. Epithelial cells line the ducts that run through breasts.

Dysplasia is a term that means these epithelial cells have become precancerous. Dysplasia is responsive to folic acid supplementation... IF THE FOLIC ACID DEFICIENCY IS FIRST IDENTIFIED AND TREATED!

The Riordan Clinic Breast Health Panel also includes other antioxidants that have been shown to reduce the risk of cancer: LYCOPENE and VITAMINS C, A, & E.

When present in adequate amounts in our internal cellular environment, these nutrients help to maintain our natural immune-surveillance system that normally protects us from cancer.


The key concept here is RESERVES. Dr. Riordan used to say, "All healthy systems maintain reserves."

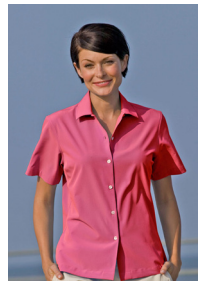
Whether you are looking at a bank, a family financial plan, a lake, or an organism... the system with the best reserves stands the best chance of weathering a stressful challenge to its health and integrity."

During this year's Breast Cancer Awareness Month, I invite you to take one more PROACTIVE step towards maintaining good breast health—get your breast-protective nutrient levels checked.

In any good business plan, preventive maintenance is always cost effective. If a machine breaks down, it can be replaced...at a cost. However, the cost of a breast cancer diagnosis cannot adequately be measured in dollars.

Have you done everything you can to avoid those dreaded words: "I'm sorry...you have breast cancer"?

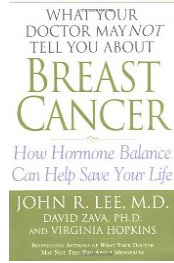
Call today to sign up for the Riordan Breast Health Panel. 



INFORMATION WORTH KNOWING

WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT BREAST CANCER

by John R. Lee, David Zava, and Virginia Hopkins



Answer True or False to the following questions. Answers on Page 7.

1. _____ Good nutrition is a good defense against breast cancer.
2. _____ Women who opt not to use radiation and chemotherapy to treat their breast cancer will often face intense resistance from their medical community.
3. _____ Breast Cancer is the leading cause of death among middle-aged women.
4. _____ More than 5% of the National Cancer Institute's budget is allocated to cancer prevention.
5. _____ Breast cancer prevention is easy.
6. _____ It is NOT important to take a multivitamin or mineral supplement.

HEALTH HUNTERS NEWSLETTER ONLINE

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You may join this list by filling out your information and submitting the online form. You may also call us at 1-316-682-3100 or send an email to information@riordanclinic.org.

Breast Cancer Awareness Sources

- Continued from pg 4

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FUTURE EVENTS



Check Your Health - Results

Thursday 10/28 12:00 – 1:00 p.m.

Cost: \$15 (lunch provided)



On 10/28 Dr. Ron will discuss laboratory results from the September “Check Your Health” (formerly known as Health Hunter Beat the Odds) testing. You can participate in the Lunch and Lecture in two ways:

- 1.) Bring your “Check Your Health” test results to the Lunch and Lecture and follow along as Dr. Ron offers an explanation for some of the key measurements.
- 2.) Want to learn more? We will provide you a sample test results to use as a learning tool during the Lunch and Lecture. Follow along with Dr. Ron’s comments.

The “Check Your Health” results can help you create a customized supplement regimen to address your specific biochemical needs.

Please call 316-682-3100 for reservations or email reservations@riordanclinic.org.

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WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT BREAST CANCER

by John R. Lee, David Zava, and Virginia Hopkins

1. **TRUE**- The cells of the breast are usually protected against cancer by a variety of defenses, all relying on proper nutrition, proper hormone balance, and proper enzyme function.
2. **TRUE**- This is particularly true in the area of breast cancer.
3. **TRUE**- Breast cancer is the leading cause of death among women 45-50 years of age.
4. **FALSE**- The budget is only 5%. The Women's Breast Cancer Initiative will be researching only pharmaceutical drugs (Premarin plus various synthetic estrogens and progestins) in relationship to breast cancer. They do not research adjunct "natural" treatments.
5. **FALSE**- Preventative medicine is a multidimensional approach that takes the entire human (the physical, emotional, mental, and spiritual aspects) into account, and optimizes health for that particular individual.
6. **FALSE**- Our food crops today have half the nutrients of crops grown a century ago, and even though our consumption of food is greater than our need, we consume few nutrients than did our ancestors. 

NEXT MONTH'S ISSUE



The November 2010 issue of the *Health Hunters Newsletter* will be a celebration of 35 years of distinguished service to our patients and the medical community.

Featuring Articles by:
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Andrea Rogers, Research Scientist
Mavis Schultz, A.R.N.P

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