



Health Hunters Newsletter

A service of the Riordan Clinic, cofounded in 1975 by Olive W. Garvey and Hugh D. Riordan. The Riordan Clinic is a not-for-profit 501(c)(3) corporation. Go to www.riordanclinic.org to make your tax deductible donation today or visit us at 3100 N. Hillside, Wichita, KS 67219.



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Naturopathic Medicine, The Road Less Traveled

by Jennifer Kaumeyer, ND



I am from a long line of doctors, five generations of allopathic medical doctors (MDs). There was actually a book written and movie filmed about my great grandfather, Dr. Corydon McAlmont Wassel (*The Story of Dr. Wassel*); he was a WWII hero. I didn't think anyone really knew the movie until my first year

of medical school, as my Anatomy professor was calling roll, he asked if I was kin to the famous Dr. Wassell. (*Wassell is my maiden name.*) You should have seen the shock on my face!

You may also be asking yourself, "How does a young woman with such heritage in the medical field become a 'Naturopathic' doctor, and what does her family think?" I get asked this ALL the time... It is kind of a long boring story, but I am going to tell it anyway!

To begin with, my dad is a radiologist, and I grew up NEVER going to the doctor. He always said unless it's an acute infection, medicine is not going to help you. So I often was told to 'suck it up'. I went to the doctor twice that I remember as a child—the first time I was 10 and had the shingles, affecting my vision for 3 weeks before he finally decided, hmmm, something may be wrong. And the second time, I was 15 and was having horrible pains in my ankle and couldn't walk. He said it wasn't broken, but I demanded he x-ray it anyway. (He may be a radiologist, but I knew my body and I knew something was terribly wrong.) Of course, I was in emergency surgery the next day. Yes, children of doctors often get neglected! Just kidding. My point is, I was raised believing that prescription medicine wasn't the answer. If you need a limb sewed back on then YES you need a doctor, otherwise he told me to steer clear and figure out the cause before you use medications, or at least look for the cause



Naturopathic Medicine, The Road Less Traveled continues on page 2...



Letter from the Editor:

by Amanda Hawkinson

Greetings Readers!

Fall in Kansas is unlike any other place. Changing leaves and temperatures (85 degrees one day to 50 degrees the next) are a glorious signal of the Holiday Season to come. With Thanksgiving and Christmas right around the corner, it is the perfect time to make sure you are as healthy as can be.

This issue of the *Health Hunters Newsletters* is dedicated to unwrapping Naturopathic Medicine. Enjoy Dr. Kaumeyer's journey into Naturopathic Medicine and join us for our Lunch and Lecture Series on November 1st with Dr. Anne Zauderer and November 8th with Dr. Kaumeyer.

Happy Reading!

Thank you for reading.

Amanda Hawkinson
Editor

newseditor@riordanclinic.org

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while you have the Band-Aid on. I'm certainly not telling you not to see your doctor, but I am telling you to always ask questions and understand your diagnosis and the treatment protocol.

As I got older, I watched my dad get very frustrated with the 'business of medicine'. He often said medicine and the practice of medicine is evolving from patient centered to revenue centered, run by pharmaceutical and insurance companies. He told me stories of my grandfather and great grandfather and how they practiced medicine. It wasn't a 'prestigious' field back then. They visited their patients at home and treatment sometimes was cooking and cleaning for them, and they were paid in pigs and produce. Allopathic medicine used to be holistic, believe it or not, and has since evolved into what it is today.

My dad repeatedly asked me not to go into medicine, however, I enjoyed learning about the human body and how it works. Our bodies are absolutely amazing! When I was in college, I was taking a pre-med biochemistry course and a nutrition oriented biochemistry course at the same time. This was the first time the light bulb went off in my head. We were learning about the energy cycle and all the fancy long names for the enzymes and such... (NADH, FAD, etc.). The nutrition students were learning that all these enzymes are components of our food, but the pre-med students were not. In the nutrition class, the professor always made statements such as, "This is actually riboflavin or B2," and so forth. Nutrition absolutely runs ALL of our biochemistry. So as I'm sitting there watching my classmates look at what their diet consists of, it hit me... no wonder everyone is sick and having chronic migraines, IBS, acne, endometriosis, fatigue, etc. Why aren't the medical students learning this?! Why aren't the doctors teaching this to patients? From that moment, I knew I HAD to spend my life addressing nutrition and the role it plays in health and disease. I dreaded the idea of handing over scripts the rest of my life.

During my junior year of college, I took my FAVORITE class; it was a graduate course in FOOD chemistry. I learned a ton in class and the laboratory. We got to make food

dyes, artificial sweeteners, MSG, etc... The most important thing I learned is TO NEVER EAT PROCESSED FOOD, or if you must, only sparingly. Food chemists have no idea how these chemicals affect the biochemistry of our bodies; do not trust them. This class is why I'm so against food additives. That was the second time the light bulb went off.

I took the MCAT exam and still was going to pursue medicine because I had a fierce hunger for learning. But at the last minute, I entertained graduate school in nutrition and biochemistry. As a result of 'Google searching' doctorate programs, I learned about Naturopathic Medicine. I fell in LOVE when I read about the philosophy and education. I couldn't understand why I had never heard of this field of medicine. I chalked it up to being from south Louisiana, the last state to ever



In Gratitude...

As a not-for-profit organization, we rely on many to make our vision a reality. **So many come together to provide our patients with a place of hope, health and healing.** Here are just a few we'd like to thank.

- All individuals and groups who have donated to our cause through financial support, including:
 - V.F., Westmoreland, NH in honor and memory of Elmer Hunninghake
 - J. and J. P., Wichita, KS in honor and memory of Elmer Hunninghake
 - S.M., Ellington, CT in honor and memory of Elmer Hunninghake
 - R.T., Austin, TX in memory of Patrick McFadden
 - M. D., Wichita, KS
- Aidan Foundation, Butler County Community College, Wichitans Opposed to Fluoridation, Pure Water for Wichita and Crestcom International for event/meeting space rental
- The speakers, attendees, and exhibitors of our 3rd Riordan IVC and Cancer Symposium held October 5 and 6, 2012. It was wonderful to have so many dedicated individuals in one place discussing IVC therapy, adjunct therapies and new approaches to treating cancer patients.



learn about anything, but still the best state for the college football experience- geaux Tigers! I showed my dad the curriculum and shared my enthusiasm, and surprisingly, he was all for it. At the time, he was researching other cures for Renal Cell Carcinoma for his dear friend and happened upon Dr. Riordan's research. I believe he had actually just gotten back from a week long retreat at the Riordan Clinic. My dad's introduction to holistic medicine through his experience here, at the Riordan Clinic, is what sparked his acceptance of my career path. Looking back, I don't think this was a coincidence at all, but rather an intelligently planned sequence of events. It is a sign to me now, that yes, I chose the "road less traveled," but it was the right road to take. Obviously, there was some foreshadowing involved as here I am now, Clinic Director at the Riordan Clinic, writing this article for the *Health Hunters Newsletter*

that I have been a subscriber of since 2005.

I realize I haven't given you a very detailed description of the naturopathic field of medicine yet. The simplest, and my favorite, description of Naturopathic Medicine is how it blends modern scientific knowledge with traditional and natural forms of medicine. To learn more about this approach to medicine, we invite you to our lunch and lecture on Thursday, November 8. Or if you can't make it or can't wait any longer, you can visit the following websites: www.Naturopathic.org or www.scnm.edu.

November is TMJ Awareness Month

Jaw Pain: Not Something to Chew Over

by Anne Zauderer, DC



The Temporomandibular Joint (TMJ) is a fancy name for the joint in your jaw. It is the joint that allows you to open and close your mouth and it is located directly in front of your ear. This uniquely formed joint allows both rotary and translational movements. This provides us the ability to not only open and close our mouths widely, but to also protrude and retract our jaw and move it from side-to-side. This helps to accommodate our jaws to all of the different foods we eat (think: without our TMJ the "Big Mac" couldn't be so big!).

It is estimated that 53% of people suffer from some form of TMJ Disorder. Women are nine times more likely to be affected than men. ¹ (I know what all of you men are thinking, "of course, women talk more than men!") In reality, there is a suggested link between the pelvis and TMJ disorders. ² Women have more stress put on their pelvis during their pregnancy and childbirth and hence more TMJ disorders. Think about the breathing exercises women are taught during childbirth education classes. They breathe

Jaw Pain... continues on page 4...

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Marie's Cafe And Bakery

at the Riordan Clinic

Kitchen Hours 9:00 am – 3:00 pm M–F
Bakery Hours 9:00 am – 3:30 pm M–F
(Located on the lower level of the Riordan Clinic Supplement Store)

Marie's creations began in 1983 after her son was diagnosed with Type I Diabetes. **Making healthy, made-from-scratch meals and low sugar treats became her specialty.** Marie has recently moved her café into the Riordan Clinic and continues to provide a healthy menu focusing on sandwiches, wraps, salads, soups, along with breakfast and vegetarian choices, plus HCG friendly meals and catering options. Marie's Café & Bakery bridges the gap between gourmet and healthy foods. It's worth the wait.

"Caring for the whole person has always been our focus."

—Marie Hunt, Owner

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Jaw Pain... continued from page 3...

with "hee hee, ho ho" motions of their jaw. This reflexive action theoretically can help open up the pelvis for childbirth.

TMJ disorders can be the result of a trauma or injury or they can also come on insidiously. Some classic signs and symptoms include:

- popping and clicking of the joint
- pain while opening and closing the mouth
- inability to open and close the mouth
- headaches
- ear pain
- neck stiffness
- sinus congestion
- face pain on the side of the affected TMJ
- tinnitus, congestion and vertigo

So why do people get TMJ pain? There are a number of different structures in or around the TMJ that, if not functioning optimally, can cause pain. There is an articular disc within the joint that can slip, putting pressure on the associated sensory nerves. Muscles that surround the joint can tighten up or spasm, causing pain and tenderness. Trauma or injury to the area can cause a fracture or inflammation of the synovial fluid that surrounds the joint. Neck pain or headaches can also refer to the area and present as TMJ pain.

Conventional treatment options usually involve a consultation with a dentist. Dentists will often fit the patient for a dental appliance to reduce instability. Other options include medications for the pain and/or surgery.



The best conservative option for treatment to consider is a chiropractic evaluation. Chiropractors are trained to assess the subtle movements of joints and then to correct any misalignments; including the TMJ. A chiropractor or massage therapist can also work with trigger points in the musculature that surrounds the joint to help them relax.

Try this yourself: put your two index fingers on both sides of your jaw, right in front of your ear. Open and close your mouth and feel your TMJ moving. If you feel like it pops or "catches" chances are you have a tracking problem with that joint. A consultation with a licensed health professional would be recommended to keep the pain away.

1. Nomura K, Vitti M, Oliveira AS, et al. Use of the Fonseca's questionnaire to assess the prevalence and severity of temporomandibular disorders in Brazilian dental undergraduates. *Braz Dent J.* 2007;18(2):163-167.
2. Blum CL. The relationship between the pelvis and stomatognathic system: A position statement. *Sacro Occipital Technique Organization –USA.* 2008.

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Know Your Nutrients: Probiotics

by Amanda Hawkinson



What are probiotics? Probiotics are microorganisms such as bacteria or yeast that are believed to improve health and are available in foods, as well as, supplement form. It may seem strange to take live bacteria/yeast, especially when it is common practice to take antibiotics and use antibacterial substances to fight bacteria. However, our bodies naturally team with such organisms.

For example, the digestive system is home to more than 500 different bacterial species. They help with a variety of functions, including keeping intestinal linings healthy and assisting in breaking down food. They are also believed

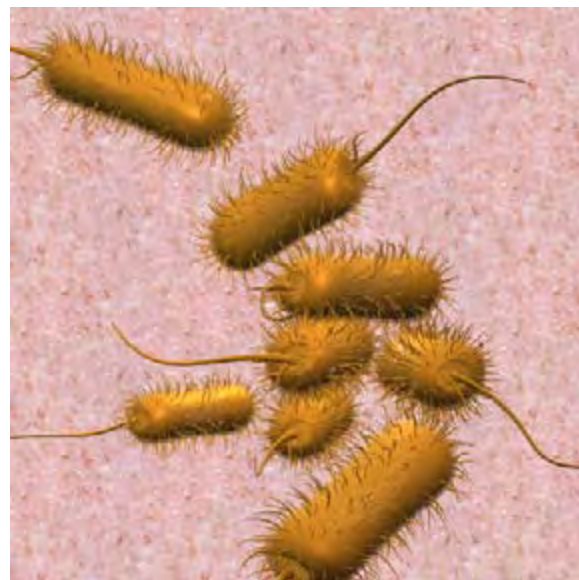
to help regulate healthy immune response.

It is believed that some digestive disorders are the result of a disrupted balance of friendly bacteria in the intestines. This can happen after an infection or after taking antibiotics. Intestinal problems can also arise when the intestinal lining is damaged. Introducing new beneficial organisms in the form of probiotics may help.

There's also evidence that probiotics assist in maintaining a strong immune system. Research has shown an increase in autoimmune and allergic diseases in societies with very good hygiene. This may be caused by the immune system not being properly challenged by pathogenic organisms. By introducing friendly bacteria in the form of probiotics the immune system is challenged in a healthy way.

Although evidence is still being gathered, researchers say there is enough data to rate the effectiveness of probiotics for several specific illnesses. In 2008, a panel of experts at Yale University reviewed the latest findings. They concluded that probiotics are most effective for:

- Acute childhood diarrhea
- Preventing antibiotic-associated diarrhea
- Preventing pouchitis, an intestinal inflammation that can follow serious intestinal surgery
- Regulating immune response
- Treating and preventing eczema associated with cow's milk allergy



Probiotics may also be useful in unexpected ways. A study published in 2010 suggests that probiotics may decrease the risk of common childhood problems such as ear infections, strep throat, colds, and diarrheal illness. The study included 638 children aged 3 to 6 in day care centers/schools. The children who drank a yogurt drink containing a probiotic were 19% less likely to come down with a common infection.

What form of probiotics is the best to take? Probiotics come in many forms, including powders, tablets, capsules, and foods such as yogurts and dairy drinks. Experts say that the form you take them in doesn't matter, as long as it contains enough live organisms to begin growing in the intestines. Experts say the effective dose varies widely, from as little as 50 million to as many as 1 trillion live cells per dose.

Stop by the Riordan Clinic Supplement Store today and take advantage of 15% off of Dr. Kaumeyer's staple supplements, including probiotics. Call 316-682-3100 for more information.

Source: evitamins.com

Naturopathic Medicine Patient Profile

by Chris Brannon RN BSN

Naturopathic medicine is based on the belief that the human body has an innate healing ability. The doctors who practice this type of medicine focus on the "whole picture" and not just a specific disease a patient may have. They then craft comprehensive treatment plans by not only using modern medicine but traditional natural medicine to assist in restoring the patient's health.

Many patients experience a loss of hope when physicians say there is nothing else they can do to help them, leading them to pursue a naturopathic approach. One such patient was diagnosed with prostate enlargement. Over the course of a 20 year span, he endured two surgeries and was on multiple medications. With no avail, he ended up with the diagnoses of prostate cancer.

After the final surgery in 2008, hope was again on the horizon. Then three years later, his PSA (prostate-specific antigen) level started to increase. It had returned to 0 after the prostatectomy and had now risen to 0.1. Shortly after the next lab draw, it increased again to 0.2. The modern medicine approach promoted radiation treatments. A few months of radiation resulted in no change in his PSA level of 0.2, which in turn caused him to lose hope in Western Medicine.

He turned to Naturopathic Medicine in November of 2011. A thorough exam and lab study was performed, and a perfect portrayal of how Naturopathic Medicine works was discovered. An elevated PSA was not the only issue the patient experienced. The patient's lab results revealed mercury toxicity and a CRP (C-reactive protein) level of 33.6!

The decision was made to have him start intravenous vitamin C infusions for the elevated PSA and CRP and captomer for mercury toxicity. After only 5 months of treatments, his CRP level dropped dramatically to 1.6 and his PSA level remained the same preventing the need for radiation. The patient considers this to be a great success and he couldn't be happier!

This patient's story is a great example of the exceptional care you will receive at the Riordan Clinic. To find out more or to make an appointment, call **316-682-3100** to start your journey to a healthier you.

The Riordan Clinic Hosts Its 3RD Intravenous Vitamin C Symposium

The 3rd Symposium on IV Vitamin C and Cancer, held October 5 and 6, attracted an international audience of 80 practitioners, including delegates from England, Poland, Italy, Japan, Australia and Argentina. The striking appearance, beautiful environment, and superb functionality of the famous Riordan Clinic greatly impressed the symposium visitors, more than half of whom were here for the first time.

The theme question posed for this year's symposium was "Is Cancer a Non-healing Wound?" Ron Hunninghake, MD, Chief Medical Officer of the Clinic and organizer of the symposium, opened with an excellent overview of the Riordan IV-C Cancer protocol and addressed the role of inflammation and the bi-oxidant paradox in cancer progress and treatment. Garrett Sullivan, MD, followed with his report on the IV-C Ovarian Cancer study completed at the Kansas University Medical Center. After lunch, the importance of the doctor-patient relationship and healing "life wounds" were examined by Mike Bauerschmidt, MD, of Fort Lauderdale. The father/daughter team of Bill Wassell, MD, and the Riordan Clinic's own Jennifer Kaumeyer, ND, presented a series of case studies from their IV-C and cancer experience. Neil Riordan closed the presentations for Friday with a fine lecture on the use of stem cells in cancer treatment. The panel featuring all of the day's speakers discussed questions from the audience, before ending with a reception in the exhibitors dome, where delegates spent time with the ten sponsors of the symposium.

Saturday morning began with brief presentations from Tom Levy, MD (Nevada); Manjeet Riar, MD (UK); Michael Gonzalez, PhD, and Jorge Miranda-Massari, PharmD (both of Puerto Rico), before assembling into another panel to address the optimal dosing methods for IV-C in cancer treatment. This session provided a great work-shop opportunity for all delegates to compare experience and determine solutions for their IV-C clinical practice. Before lunch Mike Margolis, DDS (Texas), explored the close connection between oral and dental health and cancer. The afternoon began with local oncologist, Mark Fesen, MD, speaking from the physician's perspective on how to survive the cancer system. Michael Gonzalez, PhD, and Jorge Miranda-Massari, PharmD, gave a second presentation on the prevention and treatment of cancer-associated sepsis using IV-C. The final talk of the day by Marco Ruggiero, MD (Italy) brought us back to basics, discussing food-based macrophage activating factors in assisting cancer treatment. (His lecture was complemented by a three hour workshop/demonstration on Sunday morning for 15 delegates who were able to attend.) Saturday's program concluded with an informative and lively panel discussion, from which all the delegates benefited. The symposium closed with another reception with the exhibitors and a delicious banquet in the Clinic's Pyramid, accompanied by the terrific sounds of Wichita's favorite band, The Source.

During the two-day symposium, delegates had opportunities to tour the Riordan Clinic facilities and many took advantage of the discounted therapies offered during the symposium, including nutrition/vitamin C infusions, Ultra Violet Blood Irradiation, and HealthMarkers blood nutrient panels. All delegates participated in complimentary blood draws to measure antioxidant levels of vitamins A, C and E. It will be interesting to see if results from this cohort of experienced

Orthomolecular doctors confirm that they are practicing what they preach!

Judging by the enthusiastic delegate comments and evaluations, this 3rd IVC and Cancer Symposium was the best yet, and all are looking forward to another great experience of education and inspiration in 2014.

Note from the Chief Medical Officer: *My profound thanks to Orthomolecular Hall of Famer, Mr. Steven Carter for not only writing an excellent overview of the Symposium, but for graciously stepping in to expertly chair the majority of the presentations after was precipitously called away to attend to the events surrounding my father's passing. Ron Hunninghake, MD*



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A Letter of Appreciation

from Dr. Ron Hunninghake

Dear **Health Hunters** Readers,

Many of you sent your kind sympathies and condolences for the recent passing of my father, Elmer Hunninghake. I am so grateful for all the immeasurable kindness, expressed concern, prayers, flowers, plants, cards, and memorial gifts given in his name. Your love will not be soon forgotten as I and my mother and our family process through this deep loss.

Dad was 90, well loved in the small town of Seneca, Kansas. He lived his last three years with multiple myeloma, pain-free in part due to the intravenous vitamin C supplied by Riordan Clinic over the last seven months or so of his life as one of our valued patients. (A special thank you to the nursing home nurses who willingly learned to give IVC according to the Riordan Protocol.)

Though Dad's sojourn in this world has ended, I and many will carry his love and his smile in our hearts. Know that much of what I learned about careful listening and quality care of my patients...I learned from Dad while working under his supervision for 12 years at the family gas station. Dad took care of people first, cars second.

A Deep Thank You!

Dr. Ron



Polarity for Balance

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



Human Body Polarity is an emerging new science that envelops the secrets of past systems of healing and merge this knowledge with future cures. Polarity therapy is becoming a household word and is a synthesis of many ancient theories and techniques derived from Indian Ayurvedic medicine and Chinese healing traditions such as acupressure and acupuncture. The term "polarity" relates to one of the basic laws of nature—electric magnetic force, or attraction and repulsion.

The human energy field is described in terms such as life force, chakras, auras, prana, and chi. Acupuncturists study and manipulate the channels of energy that run through the body. They believe that when these channels are blocked or out of balance, pain and disease can result. The goal of polarity therapy is to restore flow. Practitioners use their hands to bring balance back into the human energy field,

believing that the body will begin to automatically heal when balance is restored. Research has shown that in disease, the natural flow of energy is obstructed, disordered, and often depleted. Think about how you feel when you are sick; you have no energy. When the energy is flowing, we maintain optimal health.

Many cultures are based on the principles of energy, and many cultures use energy medicine for healing. Chinese and Indian traditions use the principles of energy as the foundation for their entire healthcare system. The basis for tai chi, qigong, yoga, and meditation is balancing the energy flow in the body. Therapies such as polarity therapy, reiki, therapeutic touch, and reflexology all influence the body's flow of energy to promote health and healing.

Dr. Andrew Weil stated, "Health, according to the energy model, is the harmonious flow of life energy, while imbalances in this flow (due to unhealthy habits) result in illness." He points out that conventional medicine has long used machines—such as x-rays, lasers, EKGs and EEGs—that record various forms of energy to diagnose or treat disease.

How does body energy work? The human body is like an electrical plant that runs on high-voltage energy. The spine, representing the utility pole, sends energy via all the nerves (or wires) to every part of the body so movement can occur. If there is a short in the circuits or an injury to the system, the circuit breakers go out. Knowing how to turn these circuit breakers back on is energy medicine.

Dr. Randolph Stone, the founder of polarity therapy, created a very detailed science that uses various reflex points, holds for stress reduction and specific energetic manipulations to release tension in the body. A polarity practitioner uses various types of touch—working with their hands on or off the body—which can be combined with gentle rocking to release physical tension patterns. Deeper acupressure's points help relieve energetic congestion held deep in the body.

Polarity also involves yoga exercise as well as Ayurvedic "live food" principles. It truly is a holistic approach to healthcare. A common belief in all aspects of polarity therapy is that life energy is the link between the mind and the body - an aspect of healing that we should all utilize. Let's stay in balance.

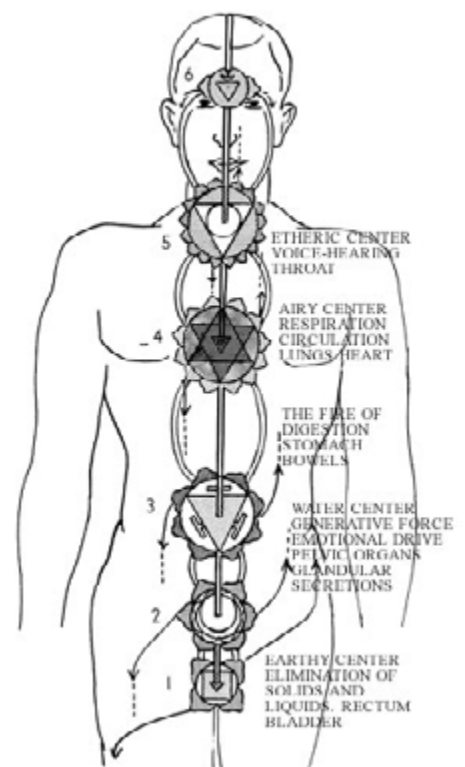
As always, consult your primary care physician before adopting any alternative health regime.

SOURCES:

Energy Medicine—James Oschman

The Science of Energy Medicine—Mary Jo Ruggieri, Ph.D., RPP

Spontaneous Healing—Dr. Andrew Weil



Lab Special: Receive 30% OFF a Glycemic Control Panel

Why check your glycemic control? Blood glucose is closely related to the amount and type of carbohydrates consumed. Glycemia means glucose or sugar in the blood. High glycemic food can cause a larger rise in blood glucose, which can last for a longer time as well. Low glycemic foods tend to cause small blood sugar rises that don't last as long.

Obviously, foods with a lot of sugar in them tend to be very glycemic. But people are sometimes surprised to hear that the starches in foods such as potatoes, bread, and grain products are made up of long strings of glucose, so these foods can be as or more glycemic than sugary foods. Also, the more processed a food is, the more glycemic it will be. So, for example, instant oatmeal in the packets is more glycemic than quick-cooking oats, which in turn are more glycemic than steel-cut oats.

For diabetics, glycemic control is a primary goal.

Glycemic Control Panel checks:

- **Glucose:** the main type of sugar in the blood and is the major source of energy for the body's cells. Glucose comes from the foods we eat, or the body can make it from other substances. Glucose is carried to the cells through the bloodstream. Several hormones, including insulin, control glucose levels in the blood.
- **Hemoglobin A1C:** A minor component of hemoglobin to which glucose is bound. Abbreviated HbA1c. HbA1c levels depend on the blood glucose concentration: The higher the glucose concentration in blood, the higher the level of HbA1c.
- **Insulin levels:** Insulin is a hormone that lowers the level of glucose (a type of sugar) in the blood. It's made by the beta cells of the pancreas and released into the blood when the glucose level goes up, such as after eating. Insulin helps glucose enter the body's cells, where it can be used for energy or stored for future use.

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Riordan Clinic Research Institute

Editor's note: The following press release was sent out in September regarding this recent important research finding by our research team, led by Dr. Nina Mikirova, Director of Research.



High-Dose Vitamin C Reduces Inflammation in Cancer Patients Study Shows

Inflammatory responses play roles at different stages of tumor development, including initiation, promotion, malignant conversion, invasion, and metastasis. The 'inflammation-cancer' connection is not restricted to increased risk for a subset of tumors. An inflammatory component is present in the microenvironment of most neoplastic tissues.

High inflammatory levels appear to indicate increased cancer risk and poorer prognosis. Inflammation also decreases quality of life, impairs immune functions, plays a central role in cancer cachexia, and lowers toleration of some anti-cancer therapies.

The existing level of inflammation may predict survival time for many cancers. People with the lowest levels of inflammation were twice as likely to live through the next several years.

This study analyzed the effect of high-dose intravenous vitamin C (IVC) treatment on inflammation in cancer patients.

"To our knowledge, there are no studies that demonstrated effect of high-dose intravenous vitamin C on inflammation in cancer patients," states Dr. Nina Mikirova, Director of Research at the Riordan Clinic.

Over the course of 35 years, the Riordan Clinic has administered mega dosage IVC to cancer patients, as vitamin C has been suggested as having both a preventative and therapeutic role in a number of pathologies when administered at much higher-than-recommended dietary allowance levels. The data analysis was done for patients with prostate cancer, breast cancer, bladder cancer, pancreatic cancer, lung cancer, thyroid cancer, skin cancer and B-cell lymphoma treated at the Riordan Clinic by high doses of vitamin C (7.5g–50g) after standard treatments by conventional methods.

Markers of inflammation (C-reactive protein and pro-inflammatory cytokines) and tumor markers were measured during treatment. According to the data, positive response to treatment was found in 75% of patients and progression of the inflammation in 25% of patients. There was correlation between tumor markers (PSA, CEA, CA27.29 and CA15-3) and changes in the levels of inflammation.

The test of the effect of IVC on pro-inflammatory cytokines demonstrated that inflammation cytokines IL-1 α , IL-2, IL-8, TNF- α , and chemokine eotaxin were reduced significantly after treatments.

Ultimately, the study found that the high dose intravenous ascorbic acid therapy affects inflammation levels and pro-inflammatory cytokines in cancer patients, and the modulation of inflammation by IVC correlated with decreases in tumor marker levels, thus reducing the ability of cancers to grow and metastasize.

This research, conducted by Riordan Clinic scientists Dr. Nina Mikirova, Dr. Joseph Casciari, Andrea Rogers and Paul Taylor, has recently been published in the Journal of Translational Medicine in an article entitled, "Effect of high-dose intravenous vitamin C on inflammation in cancer patients."



Riordan Research Site



Journal's Website

To read this and other articles written by Riordan Clinic researchers, go to <http://www.riordanclinic.org/research/journal-articles/>, or view the article on the Journal's website at <http://www.translational-medicine.com/content/10/1/189/abstract>.



WE ARE EXPANDING!

Are you, or do you know, a like-minded physician (MD, DO) interested in fulfilling the Riordan Clinic's mission of "stimulating an epidemic of health?" Someone who sees patients as equal participants in their health?

Our current doctors are amazing, and due to recent change and tremendous growth, we are looking to add to our team. Dr. Ron Hunninghake, Chief Medical Officer, is looking forward to mentoring the next generation of nutrition minded doctors.

For more information about this incredible opportunity contact

Donna Kramme, COO
dkramme@riordanclinic.org
316-682-3100.

Thank you for your continuous support, believing in what we do, and for spreading the word!



Lunch & Lecture Series 2012



Brain Health: Ways to Treat ADD/ADHD without Medication

Presenter: Dr. Anne Zauderer

Date: Thursday, November 1, 2012

Time: 12:00 p.m. to 1:00 p.m.

Cost: \$10—Lunch is included.

Why do children these days seem "disconnected" from their environment? What has changed in our world and in children's brains to cause an epidemic neurodevelopmental disorders?

Attention deficit hyperactivity disorder (ADHD) and attention deficit disorder (ADD) have symptoms that may begin in childhood and continue into adulthood. These symptoms can cause problems at school, home, work, and in relationships.

Come hear Dr. Anne speak on the root cause of ADD/ADHD and other neurodevelopmental disorders and how to treat them without medication.

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

Reservations REQUIRED

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



What is Naturpathic Medicine?

Presenter: Dr. Jennifer Kaumeyer

Date: Thursday, November 8, 2012

Time: 12:00 p.m. to 1:00 p.m.

Cost: \$10—Lunch is included.

Are you tired of feeling miserable? Are you sick of being sick? Are you ready to find what the underlying cause is, fix the problem, and move on with your life feeling good? Then Naturopathic Medicine may be able to help you!

Naturopathic Medicine is a blend of modern, *scientific* knowledge with *traditional* and *natural* forms of medicine. Join Dr. Kaumeyer to learn more about this holistic approach to medicine.

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

Reservations REQUIRED

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