



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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Immunity and UV Light

by Jennifer Kaumeyer, ND

I have always had immense respect for the human body and how intelligently the mechanisms collaborate to produce life. Every organ, every tissue and every cell work together for one purpose; if any of these parts are lacking or missing, then the purpose of the body will struggle, and the life of which it is trying to produce will decline. This decline will manifest as what we have termed "symptoms," "disease," or just an overwhelming uncomfortable sensation within our minds and our bodies. While we are all outwardly fighting to survive in this toxic yet breathtaking world, unbeknownst to many, we are inwardly fighting as well. Our bodies are like a world of their own; they are analogous to the earth. We are to the earth as our cells are to our body. As we treat the earth poorly, we become cancerous to the earth, and as we become cancerous to the earth, our cells become cancerous to our bodies. We all understand how lives in other biological Kingdoms rely heavily on nature and natural law. The first thing we do when our plants are not growing well is test the soil. If the soil is not right, of course the plant will not grow. We do not give drugs to our soil but rather "fertilizer" to increase the fertility of the terrain. Why do humans think that we are different than the rest of nature? Why does modern medicine focus on drugs to suppress symptoms or inhibit physiology instead of encouraging the body's highly intelligent capability to heal itself? This ability of our bodies to heal itself and fight foreign invaders is termed immunity, and the army within our bodies is our immune system. Like any soldier, when he is properly fed, trained, rested, and nurtured, his work production is of high standards. Same goes for our immune system, when the terrain of our bodies is properly "fertilized" our immune system will create inflammation at optimal levels.



Inflammation is the body's immune response to foreign invaders such as pathogenic microbes, synthetic chemicals, physical impact or burns. Classic signs of acute inflammation include redness, swelling, pain, fever and loss of appetite. Our sensor cells detect an invader, then a host of biochemical reactions take place. Histamine is released, causing blood vessels to expand. Interleukins begin to circulate and act as messengers for killer white cells that are summoned to take action. The most important are macrophages, which means "big eaters." They basically engulf foreign proteins and pathogens and their waste products. Macrophage cells release a biochemical agent known as tumor necrosis factor alpha (TNF-alpha) to produce fever and loss of appetite. (The fever serves a purpose as most invaders cannot survive at the high temperatures created by the fever.) Nitrous oxide is sometimes released to increase blood flow, while clotting materials may sometimes be released to slow blood flow and clot a wound. When there is a

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Contact the Editor:

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

Thank you for reading,

Tiffany Hurley
Marketing Manager
Editor



surplus of white blood cells in an area, pus is formed. All these immune reactions are meant to protect our tissues and restore the body to homeostasis or functional balance. These events are great for acute situations. When the body recovers, inflammation ends and all is well. But what if these biochemical events don't stop and the inflammatory process continues unabated? Instead of discovering the underlying cause, what if we let modern medicine continue to suppress these very important mechanisms of survival in our body? Imagine the repercussions of this suppression.

This suppression idea probably began when the pharmaceutical industry really took off—sometime after the invention of vaccines and antibiotics. These inventions were a result of Louis Pasteur's work. Pasteur was the scientist who is accredited for discovering the "germ theory"—the idea that microorganisms spread and cause disease. Please note that Pasteur was a microbiologist, not an expert on anatomy or physiology, yet his germ theory became "truth." Born through this "truth" was the idea of "killing" disease. Many scientists disagreed with Pasteur. One by the name of Bernard argued that it was actually the terrain of the body which permitted disease or allowed infection to take root.⁽²⁾ This brings me back to my analogy of "fertilizing our gardens." Should we give our garden drugs or should we fertilize it to prevent disease and enhance life? Pasteur's research led to the discovery that injecting a weakened microbe into the body can create immunity with very few symptoms of the disease itself. I began to wonder how Pasteur weakened the germ before injecting it as a "vaccine." The literature states he did so by "drying it out" and treating it with oxygen. I searched through as much literature as I could to see how Pasteur "dried out" these viruses but history states he would not give his secret away, though some believe it was dried out and exposed to oxygen through the use of UV light in the beginning and later using potassium dichromate. Regardless, he utilized oxygen therapy because historically it has been known to be germicidal. There are currently many different kinds of oxygen therapies, including the following: pure oxygen, hyperbaric oxygen therapy, ozone therapy, hydrogen peroxide therapy, and therapies using ultraviolet light including ultraviolet blood irradiation.



When talking about UV light, there are UVA, UVB, and UVC rays. The human body needs all of these rays, but like anything, if there is an excess or deficiency, "dis-ease" may manifest. UVB rays have the most harmful effects on humans if exposed in excess and are responsible for creating the 'burn.' Because our ozone layer is being depleted due to the oxygen levels decreasing in our atmosphere, the UVB light is able to penetrate the earth more strongly. Most sunscreens just block UVB rays. What happens if you block the rays that give you the signal to "get out of the sun and seek shelter?" Of course, you stay baking in the sun longer than you ever should have because you suppressed your body's ability to talk to you, aka symptom suppression. You exposed yourself in excess to UVA and UVC but feel safe because you did not 'burn.' This is a completely false sense of safety.

UV light has been known for decades to act as a cleansing agent for the earth, having sterilizing effects on many microbes. "Almost all bacteria may be killed or attenuated by ultraviolet rays, but there is considerable variation in the rapidity of their destruction. Those which live in the body are most easily affected, while those in nature adapt to the action of sunlight and become relatively resistant to irradiation...Bacterial toxins have [also] been found to be very unstable in the presence of UV irradiation (Diphtheria, tetanus, and snake venom are inactivated by ultraviolet rays.)"⁽²⁾

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Health Hunters Newsletter

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Vitamin D to the Rescue: A Patient Profile

by Nichole Kunkel, RN

As winter is upon us, the days are getting shorter and our time outdoors will soon become limited as we head into the dark seasons with only an optimal reserve of vitamin D. As Dr. Ron wrote in his October article, less time outdoors and less sun exposure can quickly deplete vitamin D reserves thus requiring supplementation.

During the winter months with less sun exposure, our bodies can be pushed into a "hibernation state." This can ultimately affect many things but most importantly can play a huge role in metabolism, sleep cycles and mood disorders.

With lower levels of vitamin D our metabolisms slow down, which can affect sleep patterns during the day that alter our night time sleep patterns. This in turn can affect neurotransmitters that affect our overall moods. Simple increased vitamin D supplementation during the winter months, during times of limited available sun exposure, illness or other vitamin D depleting periods, can help to keep your D levels in appropriate ranges to prevent the state of "hibernation" or "winter blahs."

How much vitamin D you need varies by many factors: age, body weight, percent of body fat, where you live, skin coloration, season of the year, use of sunblock, occupation, individual variation in sun exposure, as well as the status of your immune system. After 20–30 minutes of sun exposure (without sun block), our bodies produce 10,000 IU of vitamin D. During the winter months most people do not average 15 minutes of sun exposure per day.

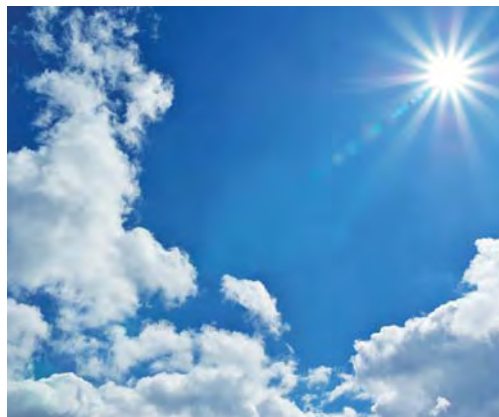
Many factors can alter vitamin D levels but supplementation is shown in many cases to be beneficial. For example, take one of our patients that was newly post partum during the winter months. Not only was she likely vitamin D deficient from lack of sun exposure, but with a newborn she was quickly exposed to altered sleeping patterns, supporting her own and her baby's immune systems, and susceptible to post partum depression.

By quickly noticing her inability to control and adapt to ALL of the above changes, she consulted with a Riordan Clinic doctor. Vitamin D and K2 supplementation were recommended. Within just a week, her sleep had improved, her moods had stabilized, which prevented her from experiencing post partum depression and even her metabolism was altered allowing her milk production to increase to the supply being demanded by her breast-fed newborn baby.

Sometimes the simplest fixes can make a world of change for more than just one person.

Don't forget, our new supplement, Max: D3/K2 is now available in the supplement store and online.

The use of UV light to treat bloodstream infections began in the early 20th Century. By the 1940s many American hospitals utilized UV blood irradiation, reporting it as having high efficacy for infection and affirming its complete safety. However, with the



emergence of antibiotic therapy, the reports suddenly ceased.⁽²⁾ There are numerous studies and case reports that demonstrate germicidal effects of UV light on the blood. Seattle Children's Research Institute performed a study and deemed, "Vaccination using UV-irradiated genetically attenuate Staphylococcus aureus induces humoral immunity and provides a vaccine strategy for pathogens that fail to induce protective immunity."⁽¹⁾

The exact germicidal mechanism of UVA and UVC light is not fully understood. I truly believe it is because there is not one linear mechanism that is occurring but rather a very complex sequence of events that is extremely difficult for the human mind to map and understand. However, scientists have shown evidence that UV light acts as a direct germicidal and toxin inactivator, tones the autonomic system, increases peripheral vasodilation and oxygen delivery to the tissues, induces cytokines and interferons which stimulate the immune system, and upregulates the antioxidant enzyme systems of the body—catalase, superoxide dismutase and glutathione peroxidase. Therefore, UV blood irradiation therapy may be providing an inactivation of bacteria, a more resistant terrain, improved circulation, and alkalization. The literature states that the treatment with UV light has a cumulative effect over the course of a few treatments. The hemoglobin in our blood readily absorbs the UV photons and will gradually release them over time, continuing to stimulate the body's physiology.⁽²⁾

This simple, inexpensive, and nonspecific technique was clearly shown years ago to be a totally safe and extremely effective method of treating and curing infections, promoting oxygenation and vasodilation, improving asthma, enhancing body physiology and circulation and treating a variety of specific diseases. This UV treatment focuses on creating an environment where microbes cannot survive and can significantly reduce mortality, morbidity and human suffering.



Maybe Bernard was right when he argued with Pasteur. Maybe these microbes are not the root of the disease but rather it is the host who creates the environment that encourages the infection to manifest. This thought brings me back to my introduction of keeping our bodies properly "fertilized"—if we support our natural processes, the body will grow and create life as it was intended. In a way, we are no different than the plants we grow. Those same plants that need proper soil to keep and hold their nutritional value are what feed our bodies and minds so they can grow and live out their purpose as well.

1. Burnside K. et al. "Vaccination with a UV-irradiated genetically attenuated mutant of Staphylococcus aureus provides protection against subsequent systemic infection" J Infect Dis 2012 Dec 1; 206 (11)
2. Rowen, Robert Jay MD. "Ultraviolet Blood Irradiation Therapy (Photo-Oxidation) The Cure that Time Forgot" Int. J. Biosocial Med Research Vol. 14(2) 115-132, 1996



Last year, the Riordan Clinic introduced Ultraviolet Blood Irradiation (UBI) as a therapy in the clinic. Speak to your Clinic doctor to find out if this treatment could be right for you.

Mike Bauerschmidt, MD, CCT Joins the Riordan Clinic

We are excited to welcome Mike Bauerschmidt, MD, CCT to the Riordan Clinic! Having built a successful functional medicine practice in Ft. Lauderdale, FL, he will join our medical team on November 1, 2013 to pursue his passion for environmental medicine. Dr. Mike, as his patients call him, is board certified in family practice and emergency medicine. He is a member of the American College for Advancement in Medicine (ACAM) and is certified in Chelation Therapy by ACAM. Dr. Mike's philosophy of treating the whole person and understanding the root cause of illness is supported by his training as a Life Coach, through the Coaches Training Institute and Certified by the Physician Coaching Institute. Prior to joining our staff, he also received advanced clinical training at the Riordan Clinic, working with Dr. Ron Hunninghake.

After accepting his position with the Clinic, Dr. Mike said, "The Riordan Clinic was where I learned that I could practice medicine a better, smarter way. When I returned to speak at the Symposium (in 2012) I took a walk around the reflecting pond and felt like I had returned home. Returning home gives me the opportunity to give back what was so freely given and assist in taking the clinic to the next level in health care." If you visit and take a walk on the Gratitude Trail around the reflecting pond, be sure to notice Dr. Mike's favorite gratitude stone that says, "EAWOP - Everything Always Works Out Perfectly."

With him, Dr. Mike brings several new therapies that the Clinic will be offering for you to consider: Infrared Breast Thermography, a better, safer way to breast health; Electro-Sound Lymphatic Drainage, a one-hour accelerated method of cleansing and detoxifying your lymphatic system; and Neurointegration, a unique combination of visual and auditory stimulation to help balance the brain and provide a powerful solution to many emotional and neurological issues.

To find out how to become a patient of Dr. Bauerschmidt, contact us at 316-682-3100, 1-800-447-7276, or patientcare@riordanclinic.org.

Continue reading to learn about Dr. Mike's journey to integrative medicine.

What a Physician Learned about Healing Himself

by Mike Bauerschmidt, MD, CCT

I have a confession to make. I'm the last person I thought would ever be practicing "natural" health care. Just imagine, for 25 years working as an ER physician, snatching people from the jaws of death, patching them up, and sending them on their way. I was the king of "acute interventional medicine."

Then one day, a funny thing happened that changed my life. I had a terrible car accident. Of course, it wasn't so funny at the time: the injuries to my neck, back, and shoulders were so severe that I was in constant pain. I could no longer do my job, so I went on disability. I began a steady diet of pain and anti-inflammatory pills. It was not a good time in my life.

A chance encounter with a former medical colleague changed everything. This colleague told me he was having luck using vitamin C infusions to enhance cellular health. He suggested I give it a try.

I was pretty skeptical. After all, there is nobody more dedicated to traditional Western medicine (i.e.: drugs and surgery) than an emergency room doctor. Vitamin infusions? I wondered how on Earth those could possibly help me.

But I gave it a try, and an amazing thing happened. My body responded. The pain began to lessen. But even more amazingly, my mind began to open up to new possibilities of health and healing.

Could it be that there was more to wellness than my traditional medical training had taught me?

I quit the prescription meds cold turkey. I began taking oral anti-oxidant supplements. I did massage and physical therapy. I was getting better: not just in my neck, back, and shoulders, but in my whole body. And guess what? The only side-effects were positive!

And that's when this former ER physician realized that if a natural, whole body approach to wellness could help me recover from such drastic injuries, then I could surely also help others stay healthy and prevent disease. This line of thinking was totally contrary to what I had been taught in medical school. After all, doctors treat disease. They don't prevent it, right?

Boy, was that wrong! By looking at a patient's whole being—rather than just at their "sick" parts—we can help prevent disease and create total wellness. I also learned from experience that total wellness goes beyond the body to the mind and spirit. If the mind or spirit is "sick," then surely the body will be sick, too.

I am excited with the new direction my medical career has taken me, and I'm thankful for the accident that brought me here. It has allowed me to discover that being healthy is not merely living without illness; it is wellness of body, mind, and spirit that allows us to live our lives to the fullest potential.

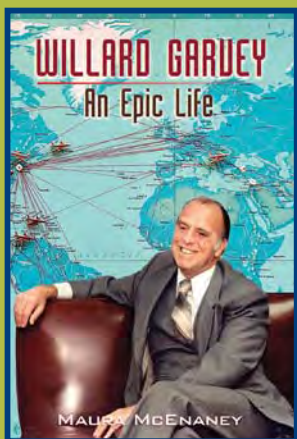
Are you ready to join me on your journey to complete wellness of body, mind, and spirit? I hope so, because I am certainly ready to help you live your life to its fullest potential.



Willard Garvey: An Epic Life

Pulitzer Prize-winning journalist Maura McEnaney writes a fascinating and wide-ranging biography of businessman and entrepreneur Willard Garvey. His story is, in many ways, a history of 20th-century America itself—the Dust Bowl, the Great Depression, sailing on the Queen Mary to fight in World War II and being one of the first three officers in Berlin after its fall, subsequently attending the Potsdam Conference. He was a visionary businessman who dreamed “every man a homeowner.” Upon returning to the United States, Mr. Garvey pioneered affordable housing projects from South America to Asia, all the while campaigning tirelessly for independent journalism and limited government at home. McEnaney presents an intimate, humanizing portrait of an individual who could very often seem larger than life and offers readers a story of American progress, devotion to family, and a drive for success. The book may be purchased from Amazon.com and Watermark Books or other local bookstores in Wichita.

Willard is the son of Olive White Garvey who had a keen interest in nutrition and health. Mrs. Garvey co-founded the Riordan Clinic with Dr. Hugh Riordan. The members of the Garvey family have continued to be friends of the Riordan Clinic through the years.



Nature's Way to Boost Immunity

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

It is cold and flu season again and one in three of us will suffer a bout with these dreaded bugs! As an alternative to a trip to the local drug store, I would like to introduce two natural immunity superstars from the orient that have been successfully used for centuries in Chinese and Indian medicine to boost natural immunity.



The first is the small shrub, *Andrographis Paniculata*. This plant has a long history of use throughout Asia and is abundant in China and India. This branched erect annual plant belongs to the *Acanthaceae* family of the *Andrographis* genus, and its leaves and flowers have been used in herbal medicine for years. It has been believed that *Andrographis* may offer health benefits in relief of symptoms of the common cold, immune function, cancer, and infections. *Andrographolide*, the major constituent of the extract is implicated toward its health claims or benefits. The plant is also known under the names King of Bitters, Ganhelian, Kiryat, and Fah Tolai.

Andrographis is described in ancient and modern Chinese and Indian medicinal literature as a mighty herbal remedy against numerous diseases and proven effective in the relief of upper respiratory infections, fever, and sore throat. The inhabitants of Scandinavian countries treat common cold and flu with the help of this herb. In Sweden, where life expectancy is on average greater than almost anywhere in the world, you are more likely to be given *Andrographis* than *Echinacea* for herbal immune support.

There have been adverse side effects reported following ingestion of *Andrographis Paniculata*, but were generally mild and infrequent. One in four users reported side effects such as gastric upset, headache, bitter taste, and fatigue. Since it has effects on the liver, high doses of *Andrographis Paniculata* extracts may affect liver functions; to avoid this potential side effect, have liver function tests periodically for long-term uses.

The second herb featured for its immunity strengthening agents is *Astragalus*, a more commonly known and widely used herb. Is also called *huang qi* or milk vetch and comes from a bean like legume. While there are multiple species of *Astragalus*, most *Astragalus* supplements contain *Astragalus Membranaceus*. *Astragalus*



appears to work by stimulating the immune system, acting as a powerful antioxidant that inhibits free radical production. When used as directed it appears to be very safe and to have few side effects. Very high doses may suppress the immune system, therefore, if you suffer from an immune system disease such as multiple sclerosis, lupus, rheumatoid arthritis or any other "autoimmune disease," or are pregnant or nursing, you should not use *Astragalus* root.

Perhaps something a bit more mainstream would be an easier way to launch your immunity-boosting quest. Daily vitamins that contribute to boosting immunity include vitamin C and vitamin A, both proven to assist in the prevention of deficiencies associated with impaired immunity. Zinc also boosts immunity and can be naturally found in pumpkin seeds, oysters, and lean beef. Vitamins B6 and B12 work in conjunction with other vitamins and minerals to support the protective activity of the immune system. Please take only the recommended daily dosages, as MEGA dosing on vitamins is not advised, unless under doctor supervision.

Finally, boost your immunity by enjoying Elderberry Tea. Simply brew 2 TBS dried Elderberry with 1¼-cup boiling water for 10 minutes, strain, and drink 3 cups daily until your flu symptoms subside.

Nature's Way to Boost Immunity continues on page 6...

Marie's Cafe And Bakery

at the Riordan Clinic

Cafe 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)

Before the winter season comes full bloom, help your body fight off infections with foods that contain immune boosting antioxidants.

A great way to boost your immune system is to eat a diet rich in fruits and vegetables. Marie's Cafe provides healthy meals for everyone that incorporate these "super foods" to help fight those winter colds and flus.

Kick your winter season off with a boosted immune system!

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the suggested dosage and as always consult with your primary care physician before taking any natural supplements for medical use.

Sources:

Secrets of Self-Healing—by Dr Maoshing Ni
www.health.harvard.edu
www.webmd.com
www.chinese-herbs.org

Please be cautioned, raw elderberries, as well as other parts of the elder tree, are poisonous as they contain a chemical that produces cyanide. Ingested raw, they can cause nausea and vomiting and at high doses, more serious effects. People who have an allergy to elder pollen might react to elderberry supplements. If you have diabetes, multiple sclerosis, lupus, or rheumatoid arthritis, talk to your doctor before taking elderberry.

Most herbs and supplements, including the superstars described above, are readily available online or at leading health stores. Simply follow

Immunity and Aging

by Veronica Rotari

The immune system is an amazingly adaptive structure: at birth immunity is not yet fully developed, newborns survive exposure to the outside pathogens due to the antibodies they passively received from the mother's blood supply during pregnancy and from the mother's milk during breastfeeding. Passive immunity does not require any effort from an organism; it is like a free shield. However,



beginning with the first round of vaccination and possible subsequent exposure to disease, our bodies learn to recognize self from non-self and develop antibodies which remain in our system our whole lives and protect us from pathogens.

As we age, a strange thing happens, recovering from a cold seems more difficult, vaccination seems less effective, and infectious disease is always around the corner. The term immunosenescence, first introduced by Roy Walford in 1969 in his book, "The Immunologic Theory of Aging," is used to describe the decline of the efficiency with which the immune system functions as an individual ages.

The immune system becomes less efficient in the following ways: there is a decrease in the ability to distinguish pathogens; macrophages, which are specialized cells designed to engulf bacteria and cancer cells, become slower and less active; while T-cells, responsible for "remembering" how to produce antibodies to specific antigens previously encountered, respond less quickly. Furthermore, other supportive players such as white blood cells and complementary proteins are either produced less or their function is significantly reduced. For example: antibodies, designed to attack specific antigens, are less able to recognize their target, successfully attach and neutralize pathogens.

Immunity and Aging continues on page 7...

November Supplement Special

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BioVegetarian Priority One \$38.83 **Sale \$31.06** (VBioVege)



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Zinc Boost Riordan Clinic \$18.64 **Sale \$14.91** (VZB)

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Expires 11/30/13

It is important to know the purpose of your supplements. Before starting any supplement regimen consult your physician.



As life expectancy increases, it becomes clear that aging affects almost all bodily functions. Therefore, the decreased efficiency of organ systems is regarded as a complex process rather than separate entities. One of the main antagonists in the story is the inflammation process, which is an adaptive response of the immune system. Today, the immune system must remain active for longer (due to increased life expectancy) and chronic inflammation could be considered “the price that needs to be paid” for an active immune system that protects us throughout

life. Another antagonist is the “shortage” of nutrients which occurs more in elderly subjects usually due to insufficient dietary intake or nutrient mal-absorption. Despite these biological obstacles, some elderly patients maintain the vigor of their immune system.

So, is it then reasonable to assume that the immunosenescence clock is ticking away for everyone? Not necessarily. There are two factors that can affect the longevity of the immune system. The first one is lifelong and chronic antigen load. In simple terms this notion states that the more pathogens, disease and bacteria one is exposed through life, the more T-cells one has “used up” (these cells specifically respond to just one type of pathogen) and the less “unexposed” T-cells one has (these cells are able to recognize antigens and produce antibodies). We have a limited pool of available T-cells, and the more we use by being exposed to disease, the less we have left in reserve.

The second factor is nutritional status and overall health which have been shown to be highly correlated to immune status. Proper nutrition is a critical determination of multiple aspects of health. Older individuals tend to have a high prevalence of nutrient deficiencies. Based on surveys conducted in India, Europe, USA, and Canada, the top 3 deficiencies in persons 50 and older are vitamin C, iron, and zinc. These are subclinical deficiencies small enough not to cause a big problem or life altering symptoms, but significant enough to have serious physiological effects on the immune and cognitive functions. Therefore, it is recognized that nutrient intake should not only prevent the classic deficiency disease, but also could improve health and reduce illness. This is not a new concept by any means; single nutrients and combinations of nutrients have been shown to have important effects on laboratory and health indicators in the elderly. For example: vitamin B6, zinc, and low dose vitamin E were associated with improved immune response, and a few clinical trials even showed that supplementation has increased post vaccination response in older subjects.

In conclusion, it is never too late to marvel at the body’s amazing ability to heal and regenerate itself when given the right building blocks in the form of nutrients or to fuel the complex machinery inside ourselves with only the best nutrients, so that we can be repaid with excellent performance for many years to come.



SOURCES:

Effects of Aging on the Immune System: *Biology of the Immune System*. Merck Manual Home Edition. October 2013. www.merckmanuals.com

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Chandra RK. Nutrition and the immune system from birth to old age. *European Journal Of Clinical Nutrition* 2006, 56(s3):S73-S76

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- Boost Immunity (especially with flu season upon us)
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You must have a doctor's order. Call to schedule an appointment with one of our doctors. All patients with a current doctor's order (within 6 months) do not need a doctor's appointment to schedule the infusion.



Lunch & Lecture Series 2013

Conquering the "Super Bugs"



Jennifer Kaumeyer, ND

Presenter: Jennifer Kaumeyer, ND

When: Thursday, November 14, 2013
12:00 p.m. to 1:00 p.m.

Cost: \$10—Lunch is included.

The overuse or misuse of antibiotics creates germs that are antibiotic-resistant, leading to potentially serious health issues. We cannot rely on antibiotics alone to treat our ailments. Join us and learn how to enhance your immunity at home through supplementation, diet, and lifestyle to prevent the "Super Bugs" from invading your family.

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

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

Reservations REQUIRED

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Invest in the Vision

New Art on Display

We are pleased to continue showcasing Kansas artists. The artwork adds color to the Riordan Clinic waiting areas and "feeds the soul." Four artists, all members of Gallery XII in Wichita, are now exhibiting their paintings and photographs through December. The artists are Diane Curtis, Bob Benson, Lyda Andrews and Jan Klassen.

The artwork is for sale. The Riordan Clinic will receive a portion of each sale, with the funds to be used for the Clinic's professional and public education efforts. We are grateful to the artists and especially to Diane Curtis for her help in coordinating this opportunity for the enjoyment of the co-learners and visitors to the Clinic.

Perhaps the works of a Kansas artist would be a perfect holiday gift for someone on your list. Stop by to take a look.

You can soon view the art on social media and on the Riordan Clinic website. If you have questions, please contact Paula Smith or Mona Wilson at the Riordan Clinic at 316-682-3100.

