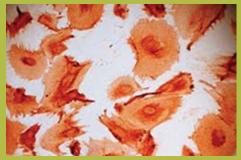


Health Hunters Newsletter A service of the Riordan Clinic, co-founded in 1975 by Olive W. Garvey and Hugh D. Riordan.



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The Clinic Roots

by Renee Riordan Olmstead

The Riordan Clinic began as the incredibly fortunate intersection of a dream and a vision. The dream was that of Dr. Hugh D. Riordan, a curious, gifted physician. The vision was that of Olive W. Garvey, a bold, insightful philanthropist.

Hugh Riordan, a medical doctor, practiced psychiatry in Wichita, Kansas, since his arrival in 1958. One of the first things that Dr. Riordan learned as a resident under Dr. Fowler Border Poling was that a good way to keep mental patients out of the state hospital was to give them intravenous vitamin B complex. It was quite effective. Witnessing positive changes in those patients inspired Hugh Riordan to begin investigating the brain/body connection. In those years it took enormous courage to support the notion that health and disease were linked to nutrient status, but because Dr. Riordan was known as the doctor who would take the most difficult psychiatric patients and produce surprisingly positive outcomes with them, his ideas slowly gained respect in the medical community.

In 1975 during a meeting with visiting colleagues, Carl Pfeiffer, M.D., Ph.D., and Bill Schul, Ph.D., Dr. Schul suggested that Dr. Riordan be introduced to the Garvey Foundation. Olive Garvey, the widowed head of the Garvey Enterprises, had a keen interest in nutrition and health. There was an instant meeting of the minds.

Letter from the Chief Executive Officer and Chief Medical Officer

For more than three decades we have been practicing nutritionbased medicine in partnership with patients from around the world. At this juncture in our esteemed history we want to share our successes with you and let you know our vision and plans for an even more exciting future.

One big change, one you have perhaps already noticed, is our new name. As we entered our 35th year, we decided it was time to transition to a name and identity that people could easily remember. Thus we are now known as the Riordan Clinic in celebration of Hugh D. Riordan, the maverick who co-founded the Clinic with Olive W. Garvey and who pioneered a philosophy of patient-centered treatment.

Long a "best kept secret," the Riordan Clinic is fast gaining a global reputation for the help, hope and healing we provide. Thirty-five years is just the beginning; now it is full-steam ahead to the future.

Please enjoy this special anniversary edition of Health Hunters Newsletter.



Brian Riordan CEO



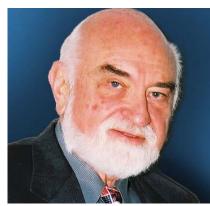
Ron Hunninghake Chief Medical Officer

(The Clinic Roots - cont. from page 1)

Two weeks later Olive agreed to provide funds to found the Clinic based on Hugh's one-page hand-written proposal, which said in essence: "You don't know what I am going to do, and I don't know how I am going to do it, but if you fund it, I will devote three years of my life to making it work." Olive Garvey, the dowager head of Garvey interests, noted some years later that after having given millions to hospitals and related organizations, she was pleased to report that the money she had given to start the Riordan Clinic was the best philanthropic spending she had ever done.

The laboratory at the Riordan Clinic was especially important because other laboratories were not testing for nutritional levels. Vitamins, minerals, trace minerals, amino acids, hormones, lipids, proteins, fatty acids, heavy metals and special assays collected from blood, hair, urine, and skin swabs are the foundation for finding the cause of diseases. Charles Hinshaw, M.D. was the first medical director of the laboratory and is back with us today leading the laboratory once again.

The Riordan Clinic began as the incredibly fortunate intersection of a dream and a vision.





Hugh Riordan and Olive Garvey *Founders*

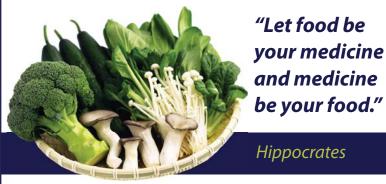
Research programs in the Riordan Clinic Research Institute attracted medical doctors from around the world. RECNAC (cancer spelled backwards) started in 1985 with a goal of finding orthomolecular (natural) means to cure cancers. This research was designed to be of benefit to the patients as directly and as quickly as possible. High dose IV vitamin C research was the cornerstone of RECNAC. As a result of the Riordan Clinic's preeminence in the use of high-dose vitamin C, physicians from many foreign countries came thousands of miles to learn more, and today many follow the Riordan IVC protocol.

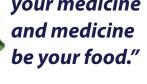
Education, locally and internationally, was also a role of the Clinic. In the early days, a children's show was produced and aired on public television called "One of a Kind." The Health Hunters Newsletter provides monthly updates on the latest health issues. For decades doctors interacted with groups during the Lunch and Lecture series while participants enjoyed a healthy organic lunch made with vegetables grown in our organic garden. Lectures are open to the public, as well as on streaming video via the Internet around the world. The Clinic has sponsored 17 International Conferences, which spawned numerous books published under the Clinic's Bio-Communications Press. A series of books written by Hugh Riordan called "Medical Mavericks" is a part of our publication.

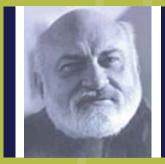
On the cold and wintry morning of Friday, January 7, 2005, Dr. Riordan was at work in his office at his beloved Clinic. Shortly before noon, he penned what would later be discovered to be his final thoughts, finishing the last volume of his "Medical Mavericks" trilogy with the words: "What we learn from these superb observers and orthomolecular doers can literally change our lives for the better. That is why "Medical Mavericks Three" has been written." Minutes later Dr. Riordan passed away in his office.

The core of the Riordan Clinic is our outpatient services provided in the Olive W. Garvey Center for Healing Arts, led by Ron Hunninghake, M.D., who arrived at the Clinic in 1988 and trained with Dr. Riordan for 17 years. Dr. Ron and his team of caring professionals offer hope and relief to thousands of patients each year.

Olive's vision and Hugh's dream are eloquently summed up by a comment Mrs. Garvey made in the 1980's: "The Center [Riordan Clinic] represents the growing philosophy of keeping well and not just curing sickness or treating symptoms, but finding the cause behind the symptoms and eliminating it."







Celebrating the Maverick

By Amanda Hawkinson

As we celebrate the success of the Riordan Clinic's first 35 years, we want to honor and remember the dynamic co-founder of this world renowned institution.

It was an unlikely bond that formed in 1975 between businesswoman Mrs. Olive White Garvey and Dr. Hugh D. Riordan. It all started with a yellow legal pad and a promise by Dr. Riordan to commit several years of work if Mrs. Garvey would fund his dream. Together on this adventure they were eager to see where it would take them. They were united by the belief that health was the most important part of life, and that while curing someone who was sick was important, being able to avoid the disease was paramount. Their collaboration has aided an untold number of people from all over the world and continues to this day!

Dr. Hugh dedicated his life to serving others. He became a beacon of hope to those whose health was fading and weren't able to find solutions anywhere else. He believed that "hope sees the invisible, feels the intangible and achieves the impossible." Several years ago, he wrote an article in the Health Hunters Newsletter entitled, "We Seek to Serve Rather than to Fix or Help." Dr. Hugh saw selfless service as a human quality that could heal on social and personal levels. He had big ideas and an even bigger heart. People in need of help, hope and healing continue to seek treatment at the Riordan Clinic as his spirit permeates our patient service philosophy.

As we reflect on our continued mission to "... stimulate an epidemic of health" for the next 35 years, organizationally we focus on the key attributes that made Dr. Riordan eminent: maverick, independent thinker, nonconformist, seeker of answers and educator. As the Riordan Clinic continues pioneering in the field of nutritional medicine, Dr. Riordan's characteristics guide our philosophy and decisions to assure continued success.



Celebrating the Visionary

By Amanda Hawkinson

The saying, "It has always been done that way," was an instant red flag to Olive White Garvey; she loved the challenge of thinking outside the box. A lady in every sense of the word, she raised a wonderful family, oversaw a sprawling business and gave of her time and resources. Her empathy and ability to consider all aspects of a situation allowed her to help people help themselves.

Upon the untimely death of her husband Ray Garvey in 1959, Mrs. Garvey moved "from the living room to the board room," and at age 66 assumed control of the multi-million dollar Garvey business empire. She capably managed its development and growth for over 30 years, which alone is a remarkable accomplishment. Taking into account the role of women in business at the time, it makes her achievements even more extraordinary.

In addition to being chairman of the board of Garvey, Inc., Mrs. Garvey served as a director of numerous university, philanthropic, civic and social-service organizations. She received four honorary doctorate degrees and was even the author of award-winning poetry, plays, articles, and books, including "Produce or Starve." However, these achievements were not enough for Mrs. Garvey; her always curious mind strived for more. After reading "Nutrition and Your Mind" by George Watson, she was led in a different direction, one that would make her a pioneer on the path of nutrition-based medicine. She formulated an idea for an organization that focused solely on nutrition, wellness and disease prevention. At the age of 80, Mrs. Garvey met like-minded Dr. Hugh D. Riordan. Both were looking for alternative medical solutions and were anxious to shake things up a bit in the medical community. Together they created what is known today as the Riordan Clinic.

In 1975, Mrs. Garvey's aspirations for the Clinic were extensive, and she stated that "the dream of the [Riordan Clinic] is to become not only a landmark for mid-America but a benchmark for the human race!" Now 35 years later what could have been a risk, conceived on a vellow legal pad, has become a world renowned nutritional medicine facility that continues to explore new frontiers while remaining true to the founders' philosophy and ultimate vision.

What's in a Name?

When you have a name like "The Center for the Improvement of Human Functioning International," it's easy to see why people find ways to shorten it. The Domes, Pyradomes, Garvey Center, The Center, and the Bright Spot all have been used over the years to describe us. People know what we look like, but not what to call us.

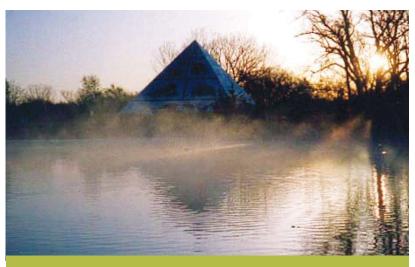
As we entered our 35th year, we decided it was time to implement a name and identity that people could remember -- the Riordan Clinic. It just so happens that our logo was designed by Daniel Hunninghake, the son of our chief medical officer, so we were happy to "keep it in the family."

We still provide the same progressive nutrition based medical care, we just look better while doing it.









Pyramid in a Cornfield

by Penny Lasater

A pyramid in a Kansas cornfield is bound to draw some attention. Since the campus on North Hillside opened in 1985, our notable structures have been a curiosity in the Wichita skyline. From the beginning both co-founders, Dr. Hugh D. Riordan and Olive W. Garvey, envisioned creating a facility that would be unlike anything else on earth. They succeeded!

The facility is comprised of seven 45-foot geodesic domes arranged in a circle, with one 60-foot geodesic dome in the center. The circle configuration was used as it is nature's simplest, yet most powerful, form. Additionally, a 39-foot-tall pyramid was constructed on the property to be used for research. The "pyramid power" theory, which gained popularity in the late 1970's, suggested the pyramid design was conducive to integrating and amplifying energy fields. For a health facility dedicated to "spreading an epidemic of health" to all people, the pyramid was a fitting addition to the campus at the time the facility was built. Today the pyramid is available for rental to the public for parties and events.

From a design standpoint, the geodesic dome shape gives strength to the buildings, and it also encloses the greatest volume of interior space using the least amount of surface area. The geodesic dome design was "green" before being "green" was cool. The sphere shape with an open interior allows air to circulate without obstruction, which means it takes less air to cool and heat because the air circulates more freely through the space. All the domes have skylights that provide an abundance of natural light and banks of windows that open to allow fresh air in from the outside. The domes are connected underground and most of the domes have large "daylight" windows that allow light and fresh air into the lower level. The interior design also includes glass atriums and an abundance of plants. The structures create a wonderful environment for staff and our patients.



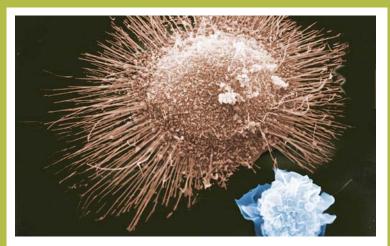
Over the years many people have hypothesized about the true meaning behind the design. The truth is far less intriguing than the rumors; we're a nutritional medicine clinic that seeks natural solutions verses pharmacologic ones. The really intriguing thing is the help, hope and healing we provide—our fancy looks are just a bonus.

Leading the Way to Amazing Discoveries

By Nina Mikirova and Andrea Rogers

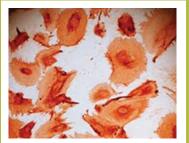
Over 22 years ago, a 70-year old gentleman went to Dr. Hugh Riordan, a psychiatrist, and asked him to treat his metastatic renal cell carcinoma. The patient had read Linus Pauling's research on the results of using vitamin C as a form of treatment for cancer, and Dr. Riordan was the only doctor in Wichita using intravenous vitamin C. Under Dr. Riordan's care intravenous Vitamin C treatment was administered and all of the patient's tumors disappeared within six months. The patient went on to live for another 14 years, with no recurrence of his cancer, before he succumbed to heart failure at the age of 84.

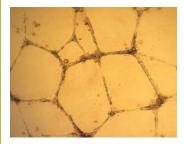
This meeting of patient and psychiatrist led to the 11-year RECNAC (cancer spelled backwards) project devoted to looking for non-toxic cancer treatments. The funding for the project was from many sources; however, Bob and Marge Page and the Garvey family generously provided most of the funding. In the early stages of the RECNAC project, our scientists studied thousands of journal articles for leads on vitamins, minerals and herbs. As vitamin C emerged as a promising anticancer agent, it was discovered that oral doses were insufficient and intravenous delivery was required to achieve the desired results. RECNAC researchers were the first to discover vitamin C levels sufficient to kill tumor cells, while leaving healthy cells unharmed, could be achieved in humans. Subsequently, scientists at the National Institute of Health have confirmed this finding.



Dendritic cell displays tumor antigen to T cell.

Stemming from our work with vitamin C, it became evident that it alone was not responsible for the regression of disease so we began looking at factors which vitamin C might be influencing. One such area was the immune system. For humans, malignant cancer attempts to avoid detection as abnormal cells. This allows it to grow limitlessly, eventually leading to death. The potential to harness the immune system has led to a growing interest in cancer immunotherapy. Techniques that we developed allow for the production of dendritic cells (the cells that communicate with the rest of the immune system about abnormalities) from whole blood. Further work began in 1997 on "training" those cells to stimulate an immune response selective for tumors. In 2010, the FDA approved a therapeutic dendritic cell vaccine for the treatment of prostate cancer. The conclusion of the RECNAC project did not mark the end of finding new non-toxic treatments for illnesses. Our continued work with nutrients has led us to a novel theory that cancer develops as a response to persistent wounds/stress and that nutrients could facilitate healing. This suggests that there are three key elements for effective cancer treatment: removal of physical, chemical or biological causes of persistent wounds/ stress; delivery of adequate reparative cells; and delivery of adequate nutrients to facilitate wound healing. We are building on this success by examining the interaction between adult stem cells and tumor cells.





Newly-discovered endometrial regenerative cells.

Formation of capillary-like structure by endothelial progenitor cells.

In 2007, we received the BioMed Central Research "Article of the Year Award in Medicine" for our discovery of stem cells in menstrual blood. These adult stem cells require no blood type matching and target areas of damage or injury, while maintaining the ability to mature into nine different tissue types. As such, these cells have been used in the treatment of multiple sclerosis, critical limb ischemia and muscular dystrophy with positive results.

We have recently developed a laboratory test for endothelial progenitor cells (EPCs), the building blocks for blood vessels and tissue remodeling—these cells are important for the prevention of heart attacks, stroke and other blood vessel diseases. Research is already underway to find methods to increase EPC numbers in patients' blood.

Over the course of 35 years our research institute was awarded thirteen patents; including one for C-Statin, an agent made from the plant material bindweed that stimulates the immune system and inhibits blood vessel growth in tumors, and one for ImmKine, an agent made from bacterial cell walls that boosts the immune system. We also patented a cancer treatment method combining intravenous vitamin C treatments with lipoic acid. For a complete list of our over 125 medical journal articles go to our website at http://www.riordanclinic.org/research/research.shtml.

The Riordan Clinic Research Institute is a dedicated group of scientists who are passionate about discovering new solutions for better health. As a leader in biomedical science, our research accomplishments challenge the medical community to consider all options rather than just "quick-fix" pharmaceuticals. We remain independent of special interest pressures, and do not solicit or accept tax-derived funds. Our research is funded by private donations from like-minded individuals, corporations and foundations.



Expect the Unexpected

by Donna Kramme

Many people wonder what to expect when they become a patient at the Riordan Clinic. You should expect the unexpected; that is to say, you should expect the most positive medical experience you've ever had! Throughout our 35 year history, the most frequent comment we hear is on our extraordinary patient care.

We emphasize "whole" patient care. Our philosophy focuses on addressing the underlying cause/causes of your illness, not just the symptoms. We are treating the whole person.

We practice nutrition-based medicine, which seeks to resolve health issues by optimizing vitamin and nutrient levels in the body. Our belief is that a proven nutrition-based remedy is always better than a pharmacologic one. The key is accessing your biochemical status via blood-based nutrient testing performed at our on-site laboratory. We test for levels far beyond what mainstream medicine looks at or even considers. The results yield a wealth of information that will set our doctors and you on a path to optimal health and wellness.

Dr. Riordan was a gifted diagnostician. His diagnostic skills and knowledge have been passed on to our professional medical staff, assuring you will be treated as the unique individual you are. Our approach provides the answers you have been looking for even with the most complex medical issues. We see patients with illnesses ranging from chronic diseases like cancer and fibromyalgia to undiagnosed problems that have been plaguing their quality of life for years.

What should you expect when you step on to our beautiful 90-acre campus? Expect exceptional care, respect, honesty and a feeling of hope and belonging. You will find the answers to questions that have been eluding you for years. You will learn that the symptoms you have are signs of an underlying issue, and we will use all of our resources to get to the bottom of your concerns. Our goal is not to mask the symptoms with a pharmacologic "quick fix," but rather to find the root cause of the problem and correct it.

By expecting the unexpected our patients receive the best treatment and care in the world. Don't just take our word for it; learn about the patient experience from the patients themselves. Visit the "Patient Testimonials" section of www.riordanclinic.org for stories of help, hope and healing.



Meet the Riordan Clinic Chief Medical Officer

Ron Hunninghake, M.D.

Our chief medical officer is a caring, gifted doctor. Dr. Ron, as patients fondly refer to him, is a native Kansan with an international reputation as a thought leader for innovative approaches to wellness. A 1976 graduate of the University of Kansas School of Medicine, he served his medical internship at Wichita's Wesley Medical Center through 1979 and completed his residency at the Smoky Hill Family Practice Program in Salina, Kansas, in 1982.

Dr. Ron began his career as a small town doc in Minneapolis, Kansas, where he first started teaching clinic-based wellness. Later, he joined nearby Salina Family Physicians and was instrumental in founding WellPlan, a comprehensive lifestyle modification program. Seeking even greater involvement in helping patients learn innovative ways to rebuild and maintain their health, he joined the Riordan Clinic in 1988.

Seven core precepts have been identified by Dr. Ron that articulate the Riordan Clinic's approach to health care:

- **1** The primacy of the doctor / patient relationship
- 2 Identify and correct the underlying causes
- **3** Characterize the biochemical uniqueness of the patient as co-learner
- **4** Care for the whole person
- **5** Let food be thy medicine
- **6** Cultivate healthy reserves
- **7** The healing power of nature

In addition to making his patients feel better at the Riordan Clinic, Dr. Ron travels the world to lecture on the Riordan IVC Protocol for Cancer and other medical innovations made at the Riordan Clinic. He is currently the elected chairman of the International Schizophrenia Foundation and has been a regular presenter at their Orthomolecular Medicine Today conference. Additionally, he is on the board of directors for both the Pure North S'Energy Foundation and the Japanese College of Intravenous Therapy.

Here at the Riordan Clinic, he has presented more than 300 lectures dealing with all facets of nutrition, lifestyle and optimal health. He has co-authored three books on subjects including inflammation, energy-boosting supplements and how to stop pre-diabetes.

Supplementing Your Health



by Donna Kramme

It's a fact that we all want to be healthy. The first line of defense in optimizing nutritional health is a diet rich in whole foods including an abundance of fruits and vegetables. Due to a variety of reasons, eating the perfect diet is not always possible or realistic; that is where the importance of supplements comes into play.

The Riordan Clinic was founded on the principle that for true health and wellness, a nutrition-based solution is always a better option than a pharmacologic one. As a health care provider focusing on nutritional medicine, nutritional supplements have always been a critical component of our patient treatment plans. When the Riordan Clinic was established in 1975, neither nutritional medicine nor supplements were accepted by the medical community or general public. There was a time when Dr. Riordan had to get special permission from hospital administration to give one of his hospital patients a vitamin—how times have changed!

The supplement store at the Riordan Clinic offers a highly selective, doctor-currated assortment of supplements. All of our supplements have been prescribed by our doctors specifically for Riordan Clinic patients. We are constantly evaluating our products based on the needs of our patients as the science of nutrition-based medicine continues to advance. We take pride in the fact that we are not loyal to a specific brand or supplier; rather our commitment is to stock only the highest quality product for each individual supplement type. By insisting our suppliers provide independent test results for each supplement, we verify the ingredients match the claims made on the packaging.

When you combine our quality control initiatives with our dedication to customer service, the supplement store at the Riordan Clinic offers a shopping experience that can't be beat! Visit us and allow our friendly and knowledgeable staff to help you select the specialized products that best suit your needs. Don't forget to visit our recently upgraded online store at www.riordanclinic.org, where we offer the convenience of ordering Riordan Clinic supplements anytime, anywhere.

As an added benefit to our loyal customers we offer monthly supplement specials and semi-annual sales. Sign up at www.riordanclinic.org to receive Riordan Clinic news and information, including our monthly Health Hunters Newsletter.

We look forward to helping with all your nutritional needs!





by Brian Riordan

The board of directors has defined a very exciting future for the Riordan Clinic. Together with the talented, dedicated Riordan Clinic staff, I am working to ensure our organization continues to lead the world to ever higher levels of health and wellness. I would like to share some of the goals we have set for ourselves.

1) **Constantly improve** the level of care for our co-learners. Friendly, professional care has always been the hallmark of a visit to the Riordan Clinic. Our mission is to continue to delight all of our visitors with individual attention and the highest standard of medical care. We are using training, technology and creativity to bring a new kind of special experience to our visitors.

2) Expand our capacity to share our expertise with a greater number of co-learners. As the world grows ever more frustrated with a "pharma" approach to disease, the number of people seeking care at the Riordan Clinic is growing rapidly. We are not happy with the length of our waiting list and are actively recruiting like-minded medical professionals to join us. We view this as a continuing priority for the Riordan Clinic as demand for our innovative approach is increasing at an ever higher rate.

3) Expand the Board. The Riordan Clinic has historically operated with a very small board of directors. As our approach to health and wellness has moved from the fringe of medical thought to one of its pillars, the demands and expectations of our organization have increased greatly. Adding greater experience, perspective and resources to the Board will give the Riordan Clinic a greater capacity to contribute more to the world.

4) Establish a Scientific Advisory Board. Our extraordinarily innovative research has thrust us from the provocative edges of science to the center of the big leagues. We are the leaders in understanding two areas that are drawing increasing attention from all corners of the scientific community: high-dose vitamin C and the role of circulating adult stem cells in determining our level of health and wellness. Our new scientific advisory board will align our stature in the scientific world with our out-sized achievements.

5) Provide an opportunity for a like-minded people to contribute to our mission. We will be making new efforts to make it easier to contribute ideas, resources and energy to the Riordan Clinic. We are seeing ever more interest in promoting health and wellness and are eager to combine forces with people and organizations who share our enthusiasm for stimulating an epidemic of health.

Please join us as we benefit from 35 years of inspiration and move boldly and gracefully into the future.



Did You Know?

- Did you know? A cup of strawberries has more vitamin C than an orange.
 Did you know? To burn off one plain M&M candy, you need to walk the full length of a football field.
 Did you know? Apples are more efficient than caffeine in keeping people awake in the mornings!
 Did you know? Avocados have more protein than any other fruit.
 Did you know? Bananas contain a natural chemical which can make a person happy. This same chemical is also found in Prozac.
- Did you know? Each pound above your ideal weight lowers your life expectancy by 34 days.
- Did you know? During a typical human life span, the human heart will beat approximately 2.5 billion times.





Letter from the Editor:

by Amanda Hawkinson

Thirty-five years have come and gone and it is time to celebrate!

I hope you enjoy this special anniversary edition of the Health Hunters Newsletter, featuring an up-close and personal view of our founding, our history and our future; all of which illustrate that we have always, and will continue to, "stimulate an epidemic of health."

This issue will reveal the Riordan Clinic to those who have seen our buildings and wondered who we are and what we do. We want the world to know about the help, hope and healing we provide. **As an added bonus go to www.riordanclinic.org to read additional articles celebrating our 35 years!**

Thank you for inviting us into your home each month. I know I speak for everyone at the Riordan Clinic when I say that serving you for the last 35 years has been a pleasure and a privilege; it is just the beginning...

To sign up for the monthly electronic version of the Health Hunters Newsletter visit our website at **www.riordanclinic.org**. Enjoy!

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