


 Riordan  
Clinic

# 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](http://www.riordanclinic.org) to make your tax deductible donation today or visit us at 3100 N. Hillside, Wichita, KS 67219.



## Inside This Issue

Folk Remedies: Real or Imagined Medicine?	1-4
Letter from the Editor	2
Vitamin Special	5
Know Your Nutrients	5-6
Folk Remedies that Work	6
Holiday Stress? Slow Down and Take a Breath!	6-7
Riordan Clinic Research Institute	7-8
Lunch and Lecture Series	8
Ancient Home Cure—Clay	9



## Folk Remedies Real or Imagined Medicine?

by Ron Hunninghake, MD

When I was little and got sick with the flu, Mom gave me 7up and malts. I got to stay home from school in my pajamas and read comic books until I felt better. Do 7up and malts qualify as "folk remedies?"

Grandpa Joe gave us kids horehound candy which tasted funny, but was supposed to make us feel better and cure sore throats and coughs. It was candy made from an herb. Was it a "folk remedy?"

My roommate from college took me to his parents' home one week during summer vacation. His dad was a banker with arthritis in his hands. Every morning he stirred a couple tablespoons of organic apple cider vinegar and some honey into a big glass of water and drank it. He wasn't sure how much it was helping...but he never missed a morning dose of his "arthritis remedy."

When I started working with Dr. Riordan in 1989, I was surprised when he had patients with questionable moles and even skin cancers mix organic castor oil with vitamin B6 powder, then use a Q-tip to dab it onto the suspected skin lesion several times a day. He said it would cause it to inflame... then drop off just like an old scab. Was Dr. Riordan prescribing a "folk remedy" for skin cancer?

Finally there was the woman who showed up at the Riordan Clinic in the mid 90's saying she had drunk an Indian tea remedy that made her ovarian cancer go away. She said she was legitimately diagnosed with ovarian cancer which is typically fatal. She made the tea from bind weed. At that time, Riordan Clinic doctors had no idea of just how bind weed extract might work against cancer. A decade later, our research staff had scientifically proven this extract to have antiangiogenic (stops the growth of new blood vessels) properties. We published research data proving it had cancer-controlling properties. Did that disqualify bind weed tea as a bonafied Indian folk remedy? Was it now a drug?

Is it possible to define a "folk remedy"? "Folks" are common people like you and me... not necessarily doctors, scientists, or health experts. The word "remedy" is composed of two roots: re—"repeating," and med—from mederi "to heal or correct." So does the use of a healing or corrective measure used by people like you and me repeatedly over the course of time qualify as a "folk remedy"? If so, that's a very broad category of practices!



Folk Remedies: Real or Imagined Medicine? continues on page 2...



## Letter from the Editor:

by Amanda Hawkinson

Have you ever heard that chicken noodle soup cures a cold or that warm milk will help you sleep every night? From using lemons to cure nausea to onions as a cure-all to the more extreme bats blood for eye infections (in ancient Egypt), folk remedies have been around for centuries. Enthusiasts have trusted a variety of excessive "home remedies" to treat a multitude of infections and diseases.

This issue of the *Health Hunters Newsletter* discusses folk remedies and dispels myths associated with them. Do remedies introduced by previous generations have any real effect on making us feel better or are they mere "old wive's tales"?

Pour yourself a bowl of chicken noodle soup and a nice glass of warm milk, enjoy this issue and discover the answers to the above questions and more.

Thank you for reading.

**Amanda Hawkinson**  
Editor

[newseditor@riordanclinic.org](mailto:newseditor@riordanclinic.org)

Don't forget to "Like" us on  
**Facebook**

Because the subject is so broad, I have organized this article into a series of tables. Each table is meant to trigger questions and ideas in your mind such as:

- 1. What is the nature of illness?**  
**How does the body heal?**
- 2. What is the role of "the healer?"**  
**How does the healer participate in "the healing process?"**
- 3. How do folk remedies differ from conventional therapies?**  
**How are they the same?**
- 4. Are folk remedies valid? Are they safe?**
- 5. How do folk remedies differ from First Aid?**
- 6. In what circumstances are folk remedies inappropriate? When are they appropriate?**
- 7. Is it possible to determine the true effectiveness of a folk remedy?**



The first table to consider is the "folk understandings" of what causes illness. Many times it is your personal philosophy of "what causes illness" that will determine whether or not you will make use of a folk remedy. So, where do you stand?

### Folk Understandings of What Causes Illness

<b>Bad vapors</b>	<b>Karma</b>	<b>Bad genes</b>	<b>Bad water</b>	<b>Too much...</b>
<b>Sin</b>	<b>Bad food</b>	<b>It was catching</b>	<b>Family curse</b>	<b>Germs!</b>
<b>Bad luck</b>	<b>God's justice</b>	<b>Stress</b>	<b>Voodoo</b>	<b>Mystery</b>

A powerful family of folk remedies is related to the effects of fermentation on certain common foods. By fermenting, certain healing and health maintaining properties are conferred to these foods. Which of these foods do you use to maintain or regain health?

### Remedies Originating from Fermented Foods

<b>Apple cider vinegar</b>	<b>Beer</b>	<b>Pickles</b>	<b>Kombucha</b>	<b>Natto</b>
<b>Yogurt</b>	<b>Wine</b>	<b>Tempeh</b>	<b>Korean kimchi</b>	<b>Miso</b>
<b>Kefir</b>	<b>Sauerkraut</b>	<b>Soy sauce</b>	<b>Black tea</b>	<b>Chocolate</b>

Detoxification is now believed to be more important than ever as our planetary environment is exposed to ever increasing numbers of added chemicals, plastics, pesticides, herbicides, antibiotics, and pollutants. Stress itself is now seen as a kind of "emotional pollutant" that has negative health consequences. Do you use any of these detox strategies as part of your own self care plan?

### Remedies Involving Detoxification

<b>Mineral baths</b>	<b>Emotional detox</b>
<b>Saunas</b>	<b>Enemas</b>
<b>Massage</b>	<b>Herbals</b>
<b>Skin brushing</b>	<b>Liver flush</b>
<b>Fasting</b>	<b>Oil pulling</b>

Most religions imply or directly state that sin and evil doing is the true basis of disease. As such, it is common for "folks" to turn to a whole category of remedies that I will loosely classify as "mind-body" in nature. This means that the sick individual turns to one or more of these strategies to call upon a power higher than himself to deliver healing or reduction of pain and suffering. Are these remedies conferred by the higher power? Or has the individual simply tapped into a deep, innate ability of the whole human





# 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:
  - C. and G. N., Hill City, KS *in honor and memory of Elmer Hunninghake*
  - Blessed Sacrament School, Wichita, KS *in honor and memory of Elmer Hunninghake*
  - Monique Muri Foundation, Dobbs Ferry, NY *for laboratory equipment (Abbott Hematology Analyzer)*
- Crestcom International for event/meeting space rental
- Wichita State University Nurse Practitioner Program tour groups for visiting our campus
- Our patients and co-learners who spread the good word about the clinic:
  - "I'm so happy I finally came here to see what amazing work is happening! Very inspiring! November 2012, Lunch and Lecture attendee
  - "A patient, who has raved about how much her husband has benefited from UBI [Ultra Violet Blood Irradiation Therapy] because of its reduction of the frequency of his painful canker sores, scheduled him for a UBI today to treat an acute instance. She said she was so happy he could get in today because the UBI offers him remarkable relief even the day of treatment!" November 2012, as told by our patient liaison, Julie



Folk Remedies: Real or Imagined Medicine? continued from page 2...



person to trigger a "human healing response" that is coded in our DNA, but seems to require some form of activation?

## Mind-Body Remedies

Meditation	Symbols (cross)
Prayer	Incense
Rosaries	Temples
Relics	Sacred Peyote
Communion	Exorcism
Blessings	Kinesiology
Prayer beads	Miracles
Statues	Metaphysics
Confession	Energy Medicine
Holy Pictures	Integrative

Water symbolizes life, cleansing, refreshment, healing. Is it a wonder that so many remedies involve the use of water or liquids that are imbued with special powers?

## Remedies Involving Special Waters

Alkaline water	Holy water	Juicing	Soma
Lourdes	Micro-clustered water	Reverse osmosis	Ambrosia
Herbal teas	Spring fed	Water turned into wine	Transfusions

Touch is also considered "the great healer." There are many biblical stories where just touching Jesus' garment conveyed instantaneous healing. Have we lost some of that particular mode of healing in modern medicine's over-reliance on technology? Is this a reason why we see the resurgence of massage, chiropractic, and other "touch-oriented" therapies?

## Remedies Involving Human Touch

Laying on of hands	Chiropractic	TLC	Massage	Sexuality
Essential oils	Kiss the owie	Therapeutic touch	Bengay	Hugs

Will folk remedies ever NOT be a part of culture, given this universal nature of life to result in brokenness and loss of health that is so evident in our day and age of rising health care costs and frustration with a sickness care system that is overly self-serving?

## Universal Nature of Life

Gets broken	Toxicity	Trauma	Disappointment	Sickness
Pain/suffering	Stress	Frustration	Illness	Drama

Are folk remedies really safe? Do people who use them run the risk of missing out on "evidence-based" medical therapies? Are folk remedies mostly placebo?

## GRAS—Generally Regarded as Safe

Time tested	Handed down by a powerful personage
Mysterious	Too-good-to-be-true
Placebo?	Immunity-based
Cheap	Imbued with love

There are literally hundreds of named diets that our obesity prone culture is using. Does dieting do more harm than good, given the 90% likelihood of regaining any weight that is lost using the dietary approach?



Folk Remedies: Real or Imagined Medicine? continues on page 4...

*Happy Holidays* from

**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)

The festive season is upon us once again, and for most of us that means excessive amounts of eating and drinking. With so much food around, the holidays can be a stressful time for anyone trying to lose or maintain their weight. Temptation is everywhere, and we have a tendency to pile our plates high with goodies. Believe it or not, it is still possible to indulge without piling on the pounds. Though Marie cannot be with you every step of the way, she can help you out. Just stop by and grab a delicious lunch and fresh desserts that are guilt free.

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

—Marie Hunt, Owner



**DECEMBER SPECIAL**

## Light Holiday Lunch

### INCLUDES:

- Turkey wrap
- Garden Salad
- Your choice of pound cake, red velvet, or carrot cake
- Iced Tea or Coffee

**All this for just \$5.99**

*Offer valid through December 31, 2012. Not valid with any other offer. Excludes tax and gratuity.*

**Let Marie's Café and Bakery help you celebrate with traditional dishes with a fraction of the calories!**

Please visit our website for our holiday specials!



3100 N. Hillside,  
Wichita, KS 67219  
316-927-4780 office  
316-927-4781 dining room

Folk Remedies: Real or Imagined Medicine? continued from page 3...

## Diets Acting as Remedies

"Cleansing"	GAPS	South Beach	Diabetic	Grapefruit
Low fat	Whole	Gerson	Color code	HCG
Atkins	Food combining	Raw	Blood type	Many!

Nothing points out the fickle nature of folk remedies as clearly as the amazing number of wart remedies...most which DO WORK, for certain people in certain circumstances.

## Wart Remedies

Grapefruit seed	Lemon juice	Carrot paste	D oil rub	Aloe Vera
Potato juice	Garlic rub	A oil rub	Castor oil	Milkweed
Onion rub	E oil rub	Frankincense	Lavender oil	Epson salts
Fig mash	Tea tree oil	Pineapple slice	Geranium	Baking soda
Oregano oil	Radish slice	Eggplant	Dandelions	Many!
Witch Hazel	Banana skin	Apple slice	Basil	Vinegar soak

Most conventional doctors dismiss folk remedies as "folklore" with no scientific basis. Are they right? What is your doctor's attitude toward your favorite remedies? How do you feel about his attitude?

## Conventional Doctors' Attitudes towards Folk Remedies

No double blinds	Dangerous
Hostility	Patronizing
"Quaint"	Spontaneous remissions
Anachronisms	Inappropriate
Untested/unproven	Malpractice
Placebos	Lost income



Finally, here at the Riordan Clinic, our BioCenter Lab specializes in the accurate measurement of almost all of the essential nutrients necessary to sustain cellular health. Based upon these measurements, our patients are prescribed individualized nutritional plans involving the use of supplements as medical therapy. Thousands and thousands of published research studies document the importance of these substances for the maintenance of health and as adjunctive care in acute and chronic illness. But still, many doctors persist in their belief that nutrients are simply folk remedies. What do you believe?

## Nutritional Medicine or Folk Remedies?

Vitamins	Omega 3	IVC	Multivites	Glandulars
Herbs	Minerals	Acupuncture	Super foods	Amino acids



Join me on **Thursday, December 13**, at noon to carry on this important discussion about key questions surrounding the modern use of folk remedies in the current health care crisis. **Folk Remedies—Real or Imagined Medicine?**





Vitamin Special  
**10% off**  
of ALL Supplements

**HAPPY  
HOLIDAYS**

from the Riordan Clinic  
Supplement Store!

During the month of December take  
advantage of

**10% off**  
**ALL SUPPLEMENTS\***

This is the perfect opportunity  
to stock up on your supplement  
essentials.

For internet orders, use code:

**gift2012**



*\*Cannot be combined with other offers*



To place your order,  
visit our website at  
[www.riordanclinic.org](http://www.riordanclinic.org)  
or call 1-800-447-7276

# Know Your Nutrients: Peppermint as a Natural Remedy

by Amanda Hawkinson



## What is Peppermint:

Peppermint, a hybrid between watermint and spearmint, is one of the most ancient of all herbal remedies. Dating back to the days of the pharaohs, mint has been used to treat a variety of ailments and conditions. The following are a few examples:

- **Peppermint as a digestive aid.** Peppermint has long been used in tea and as a remedy for conditions of the gastrointestinal tract. Taken after meals, it offers relief from indigestion, heartburn, flatulence (gas) and colic. As a carminative with anti-spasmodic qualities, peppermint helps relieve irritable bowel syndrome by easing intestinal cramps and abdominal distension. It can also be used to treat nausea, morning sickness and travel sickness.
- **Peppermint as a pain-killer.** Peppermint oil's pain-relieving properties are another of the herb's most significant therapeutic properties. It also is used to relieve pain in aching and inflamed joints, migraines and headaches, as well as neuralgia.
- **Peppermint as a decongestant.** Menthol, the primary active ingredient in peppermint is a proven decongestant. Usually, diluted peppermint oil has been used as an inhalant, as well as a chest rub to treat colds, flu, fevers and even bronchitis. Currently, menthol vapor is approved by the FDA as a remedy for colds and flu, predominantly because of its expectorant and decongestant properties.
- **Peppermint as an anti-spasmodic or muscle relaxant.** It is a common ingredient in many muscle rubs, "ices" and skin creams that are used to treat pain, inflammation and burning. Used topically, peppermint has a cooling and relaxing effect on the skin. Easily absorbed into the skin, peppermint oil offers temporary pain-relief for muscular pain, cramping and spasms. Interestingly, it also soothes the smooth muscles of the uterus and digestive tract, providing relief for menstrual cramps, as well as stomach and intestinal cramping.
- **Peppermint as an antibacterial.** Along with being an antibacterial, peppermint can also be used for viral infections such as cold sores and genital herpes. Applied topically to the affected area it is used to prevent and fight infection in wounds and burns, to repel insects and treat ringworm.

## How to Prepare an Herbal Peppermint Remedy:

- **Make an infusion.** Bring a cup of water to a boil. Pour over one heaping teaspoon of dried peppermint. Cover and let it steep for 10–15 minutes. Strain and drink up. Drink three to four cups a day.
- **Make a tincture.** Stir 10 to 20 drops of peppermint tincture in one glass of water. Take three times a day.
- **Make an essential oil.** Stir 1 teaspoon of peppermint oil in one cup of carrier oil (pure vegetable oil). Massage the diluted mixture into the affected area. Use half as much essential oil for children (1/2 a teaspoon).
- **Make an herbal compress.** Soak a clean washcloth in a peppermint infusion. Fold the cloth to about the size of the affected area and apply it as a compress. Leave it on for 15–20 minutes. Repeat as necessary.
- **Capsules.** Take 1–2 enteric-coated capsules (0.2 ml each) three times per day between meals.

## Remember:

- **How to keep the affected area cool:** When using a cold compress, wrap an icepack in a towel and place atop it to keep the affected area chilled. A hot water bottle can be used in the same way to maintain the heat of a hot compress.



Know Your Nutrients continues on page 6...

The Riordan Clinic is a not-for-profit 501(c)(3) corporation | Go to [www.riordanclinic.org](http://www.riordanclinic.org) to make your tax deductible donation today.

# Folk Remedies that Work

by Victoria Hamm, Medical Assistant

Have you ever used folk remedies that really work? Many of us have heard of old folk remedies but have never tried them. Our doctors give many natural remedies for issues patients might be experiencing.

At the Riordan Clinic, our patients become co-learners, as we educate them to help them learn and grow with their health. One of our co-learners uses three different folk remedies that work for her and her children.

One remedy she uses is Epsom salt. Epsom salt is used to soothe the body as it eases stress and relaxes the body to help relieve pain and muscle cramps. She used Epsom salt after giving birth. It has been known to help heal cuts and reduce soreness from childbirth. During delivery, she had an episiotomy, which is a surgically planned incision. She used Epsom salt in a warm bath and soaked in the tub to help with her swelling and the healing process.

The second folk remedy she uses is something I use as well. It is gargling warm salt water for a sore throat. Not only does salt water flush out post-nasal drip and other bacterial material (just like any fluid would), a salty environment prevents bacteria from growing. If you don't know how to gargle, take a sip of the water and tilt your head back and look up towards the ceiling. With your head still up, say, "Ahh," and continue doing so for 20 seconds or as long as you can handle before spitting.

The third and last folk remedy she uses is Vicks VapoRub. She applies it to the soles of the feet to help cure nighttime conditions such as coughs, congestion, fever and breathing problems. When one of her young boys has a congested chest, she applies the vapor rub on the soles of his feet and covers his feet with socks. This adds to the warmth of the body and allows you to feel relieved. This is suitable for both adults and children alike.

These are three great folk remedies that work and are easy to use and do. If you want to learn and know more remedies that might work for you, make an appointment with one of our amazing doctors.

To find out more or to make an appointment, call **316-682-3100** to start your journey to a healthier you.

- **When to use a cool/warm compress:** Use a cool compress for itching or burning and a warm compress for aching muscles and skin infections.
- **When to use capsules:** Enteric-coated capsules are of particular benefit for irritable bowel syndrome and intestinal colic because the peppermint is released in the intestines rather than in the stomach.
- **Dilute your peppermint oil:** When applying peppermint oil to your skin, remember to dilute it with an oil base beforehand (also called a carrier oil), as it will irritate.
- **Consult your doctor:** Only use herbal remedies after consultation with your doctor or other licensed health practitioner.



Source: [www.herbalremedypro.com/peppermint.htm](http://www.herbalremedypro.com/peppermint.htm)

## Holiday Stress? Slow Down and Take a BREATH!

by Dr. Anne Zauderer, DC

The holidays are a joyous time to spend with friends and family. Unfortunately, with holiday parties, shopping and travel, the seasons can easily turn into a time of stress. The American Psychological Association (APA) reports that 8 out of 10 Americans anticipate stress during the holiday season. Increased stress can lead to unhealthy behaviors such as overeating and drinking, reduced amounts of sleep, and over-spending money.

**So what if you had a quick, easy way to reduce your stress? And the best news is ... It's FREE! It's simple: slow down and take a deep breath.**

So let's look at how our nervous system works and why we respond the way we do when we get "stressed out." When we encounter stressful situations, our bodies unconsciously respond by going into action: our heart rate goes up, breathing rate increases, our immune system is suppressed, our palms get sweaty, our pupils dilate to let in more light, our digestion decreases, and our body prepares to "fight or flight". All of these responses are a result of the sympathetic nervous system and are meant to be a short-term coping strategy to get us through the period of stress. The counter-regulatory system is the parasympathetic nervous system. This division of our nervous system is responsible for reducing stress. When it is activated, digestion and secretions increase, heart rate slows down, sexual arousal increases, and our immune system increases resistant to infection. It basically induces a period of rest and rebuilding within the body.

We should be spending most of our time in a "parasympathetic state" where we are more at rest; however, a majority of us spend our time in a "sympathetic state" of stress. So how do we reverse this trend?

**BREATHING!** Breathing is necessary to life. A person can live months without food, perhaps a week without water, but we would not survive even 5 minutes without oxygen. Breathing is so important that it is mostly controlled by our autonomic or "automatic" nervous system. Therefore, the brain can control our breathing so that we don't have to consciously think about it. However, one thing that is unique to breathing is we have to use our muscles



Holiday Stress? Slow Down and Take a BREATH! continues on page 7...

The Riordan Clinic is a not-for-profit 501(c)(3) corporation | Go to [www.riordanclinic.org](http://www.riordanclinic.org) to make your tax deductible donation today.



# 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.

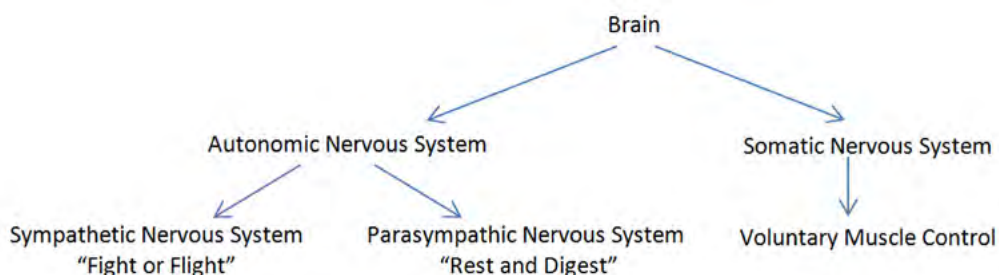
For more information about this incredible opportunity contact

**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!*



*Holiday Stress? Slow Down and Take a BREATHE! continued from page 6...*



to initiate breathing. Our muscles are controlled by the somatic nervous system, which is under voluntary control. So breathing is one of the few actions within the body that can be voluntary or involuntary.

So when we do deep breathing exercises, we are voluntarily controlling our breath, but by deep breathing and slowing down our breath, we are initiating the body into a "parasympathetic state." As we discussed above, this induces a state of rest, relaxation, and rebuilding within the body and helps counteract the effects of stress. Studies have shown that regular deep breathing exercises can be beneficial for pain<sup>2</sup>, mood processing<sup>2</sup>, stress and anxiety<sup>3</sup>, and asthma<sup>4</sup>.

It is important when breathing to focus on the breath coming from deep in our belly. The more stressed we get, the more we use our secondary muscles of respiration, which are located in the front of the neck. As these muscles take over, the breath gets shallower and we get less oxygen with each breath. Less oxygen means less oxygen to our brain and all of our other organs.

**Try it out for yourself!** To start off, lie down on your back and put your hand on your belly. Take a deep breath in while counting to five. You should feel your hand rise up if you are using your diaphragm to breathe deeply. Hold the breath while you count to five. Slowly exhale while counting to ten. Repeat this process five times. As you get better at "belly breathing" start to incorporate this exercise throughout the day while sitting at your desk.

Dr. Hugh Riordan, founder and namesake of the Riordan Clinic, was a psychiatrist and famous for saying that deep breathing exercises on a regular basis throughout the day can induce the same state of relaxation as taking a Valium. **So relax, breathe, and enjoy your holiday season!**

1. <http://www.apa.org>

2. Busch V, Magerl W, Kern U, Haas J, Hajak G, Eichhammer P. The effect of deep and slow breathing on pain perception, autonomic activity, and mood processing--an experimental study. *Pain Med.* 2012 Feb;13(2):215-28.

3. Paul G, Elam B, Verhulst SJ. A longitudinal study of students' perceptions of using deep breathing meditation to reduce testing stresses. *Teach Learn Med.* 2007 Summer;19(3):287-92.

4. Saxena T, Saxena M. The effect of various breathing exercises (pranayama) in patients with bronchial asthma of mild to moderate severity. *Int J Yoga.* 2009 Jan;2(1):22-5.

## RIORDAN CLINIC RESEARCH INSTITUTE

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

### The deficiency of a single B vitamin can lead to poor health as reported in a recent paper published by Riordan Clinic Researchers



Researchers Mikirova N, Taylor P, Feldcamp C and Casciari J under the supervision of Hugh D. Riordan, M.D. at the Riordan Clinic in Wichita, Kansas published "The Effects of a Primary Nutritional Deficiency (Vitamin B Study)" in *Food and Nutrition Sciences*, 2012, 3, 1238-1244. Rats were deprived of a single B vitamin to determine the side effects of such deficiencies. B vitamins play major roles in support of carbohydrate metabolism, immune system function, and cell growth.

In fact all B vitamin deficient groups showed impaired weight gain compared to controls. B1 (thiamine) deficient rats ceased

*Riordan Clinic Research Institute continues on page 8...*

# Invest in the Vision

Thank you to the individuals, corporations and foundations whose support this year has meant health, hope and healing for thousands worldwide. The Riordan Clinic has been a good steward of your gifts. I invite you to view the Patient Success Stories on our website and learn firsthand the difference you have made.

The holidays are coming, and it is a great time to give! As you make your year-end giving decisions, won't you consider an investment in the Riordan Clinic and the growing field of nutritional medicine? You may want to make your gift in memory or in honor of a friend or family member. In addition, a number of corporations provide matching gifts.

There are a variety of tax-deductible giving options. You may be interested in the world renowned Bio-Center Laboratory, providing cutting edge diagnostics and analysis to our clinic and others worldwide. You may want to fund nutrition-related education, or perhaps you are interested in supporting the Research Institute, discovering treatment alternatives and solutions to better health. You will make an impact with a gift of any amount.

I invite you to get involved and join us in our mission to stimulate an epidemic of health.

Make your tax deductible gift today, online at [riordanclinic.org](http://riordanclinic.org) or you can mail your gift to  
**Riordan Clinic at 3100 N. Hillside,**  
Wichita, KS 67219.

Contact me at 316-682-3100 or by e-mail at [psmith@riordanclinic.org](mailto:psmith@riordanclinic.org) if you would like to talk about additional opportunities that match your charitable giving interests. On behalf of the staff of the Riordan Clinic and those who benefit from your generosity, we wish you a happy holiday season.

Paula Smith, Development



*Riordan Clinic Research Institute continued from page 7...*

growth after two weeks and had little physical activity. In addition, fur became thin and brittle with up to 50% hair loss. Return of B1 to the diet restored normal growth rate and restored hair growth and alleviated other side effects.

B6 (pyridoxine) deficient rats grew at half the rate of the controls and developed painful inflammation of the nose, ears, feet, and tail; hair loss; weakness; and reduced appetite.

B5 (pantothenic acid) deficient rats had severe graying of fur and reduced weight gain but no other obvious signs of side effects other than appearing ill. However, extensive pathology was noted in organs after the study was completed.

B9 (folic acid), choline, and B12 (cobalamin) deficiency generated significant pathology including precancerous lesions of the liver in some animals.

In this study only single nutrient deficiency was examined, however, in many cases where malnutrition is involved, self-induced (through poor dietary choices) or lack of sufficient nutritious food, multiple nutrients deficiencies would be expected and the health and survival of animals and humans reduced further. The subsequent pathologies associated with multiple deficiencies would be expected to be greater.



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.scirp.org/journal/PaperInformation.aspx?paperID=22300>.



## Lunch & Lecture Series 2012



### Folk Remedies—Real or Imagined Medicine?

**Presenter: Dr. Ron Hunninghake**

**Date:** Thursday, December 13, 2012

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

**Cost:** \$10—Lunch is included.

Folk remedies (or home remedies) are commonly found in all cultures. Some are bizarre, though most are very practical and have stood the test of time. Why do people continue to rely on what the medical profession often describes as “non-evidence-based” therapies? Do they really do something medically or are they all just placebo? Do folk remedies reveal something about the body's ability to heal that is largely ignored by modern technological medicine?

Come hear Dr. Ron speak about an array of common folk remedies. He will be asking key questions that will help the audience decide for themselves whether or not to make good use of safe folk remedies.

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

#### Reservations REQUIRED

Call **316-927-4723** or email us at  
[reservations@riordanclinic.org](mailto:reservations@riordanclinic.org)





# Ancient Home Cure—Clay

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



The use of medicinal clay in folk medicine goes back to prehistoric times. Indigenous peoples around the world still use clay widely, which is related to geography. The first recorded use of medicinal clay goes back to ancient Mesopotamia. A wide variety of clays are being used for medicinal purposes—primarily for external applications, like a simple clay bath at your local spa, but the healing clay can also be administered internally or by simply brushing your teeth. Among the clays most commonly used for medicinal purposes are kaolin and the smectite clays, such as bentonite, montmorillonite, and Fuller's earth.

For external use, the clay may be added to the bath, or prepared in wet packs or poultices for application to specific parts of the body. Often, warm packs are prepared; the heat opens up the pores of the skin, and helps the interaction of the clay with the body. (All readily available online.)

## Clay's Antibacterial Property

Iron-rich smectite and illite clay (Montmorillonite/Bentonite type of clay) is effective in killing bacteria in vitro. Authors report that the clay mineral, "...exhibits bactericidal activity against E. coli." Another study of more than 20 different clay samples from around the world, including the bentonite-type clays, achieved promising results against MRSA superbug infections and disease. Falkinham et al. studied the antibiotic and antimicrobial activity of red clays from the Kingdom of Jordan (Jordan's Red Soil). The authors conclude that the antibiotic activity of Jordan's red clay is likely due to the proliferation of antibiotic-producing bacteria that is induced by the clay.

## Trace Minerals

Clays contain massive amounts of trace minerals, necessary for good health. (It is common to see as many as 75 different trace minerals in Montmorillonite clays.) This may explain many of the healing properties of clay. These trace minerals vary greatly from region of origin, and the amount of a particular trace mineral in any specific clay varies tremendously. For example, the amount of iron in various bentonite clays can vary from well below 1% and up to 10%.

## External Use of Clay

Mud baths are perhaps the most common use of clay. Almost all health spas around the world use clay on a daily basis and report health benefits for bathers. It is a natural detoxification process for the skin and entire body.

Clay has proven to be a very effective chelating agent. Chelation therapy is the use of chelating agents to detoxify poisonous metal agents such as mercury, arsenic, and lead by converting them to a chemically inert form that can be excreted without further interaction with the body, to treat cases of severe heavy metal poisoning. It is also used as a scientifically unsupported treatment for heart disease and autism. Oyanedel-Craver and Smith have studied sorption of four heavy metals (Pb, Cd, Zn and Hg) to 3 kinds of bentonite clay. The overall conclusion of the study was that the organoclays studied have considerable capacity for heavy metal sorption.



## Skin Infections

Many types of skin infections have been healed by the application of medicinal clay. For example, montmorillonite has shown its effectiveness in this area. "Clays

can eliminate excess grease and toxins from skin, and hence are very effective against dermatological diseases such as boils, acne, ulcers, abscess, and seborrhoea." Clay is used in many dermatological over-the-counter remedies, such as in acne treatments.

## Use in Bandages

In April 2008, the Naval Medical Research Center announced the successful use of a Kaolinite-derived aluminosilicate nanoparticles infusion in traditional gauze known commercially as "QuikClot Combat Gauze".



## Internal use

According to one hypothesis, "In the stomach, the negative electrical charges of tiny clay particles attract positively charged toxins from stomach fluids. This clumping prevents very small particles, such as toxic molecules, from passing through the walls of the intestines and entering the bloodstream." Clay can harmlessly eliminated toxins from the body through the kidneys, despite not entering the bloodstream, or through the bowel.

Clay is a natural ancient home cure and has shown benefits for centuries. Medicinal clay is typically available in health food stores as a dry powder or in jars in its liquid hydrated state— which is convenient for internal use. There are many areas in the United States rich with natural clay including the Little Big Horn area of Wyoming. As always, consult with your primary care physician before embarking on any new health regime.

## Sources:

Handbook of Clay Science, Developments in Clay Science. Vol. 1.

The Journal of Antimicrobial Chemotherapy 61 (2): 353–361

Applied Clay Science, Volume 43, Issues 3-4