



Health Hunters Newsletter

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How Do I Know if I am Toxic?

by Mike Bauerschmidt, MD, CCT

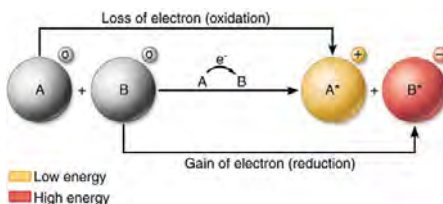
I have had many people ask me, "How do I know if I am toxic?" The correct question, however, is, "How toxic am I?" We are surrounded by, quite literally, tens of thousands of chemicals that are in everyday use (80,000 in this country alone by last count). Of the 3,000 "high production" chemicals, less than half have been tested for their effects on human beings. Furthermore, a study done on the cord blood of infants demonstrates that our children are being born with over 200 separate toxic chemicals already in their bloodstream! Many of these chemicals were out of production before the mother was born! So, I think it safe to say that we are literally awash in a sea of chemicals. We can't tread water, or in this instance toxic soup, indefinitely, so why do we care and what can we do about it?



WHY DO WE CARE?

We are basically a giant, walking, talking biochemistry set. The basic equation that provides us with the energy to walk and talk is the Reduction-Oxidation Equation, ReDoX for short. On the Reduction side we have things that can donate an electron: these are commonly called nutrients or antioxidants. On the Oxidative side are things that need an electron, also called free radicals or toxins. Under normal conditions for our body, when the electron is exchanged, we generate our energy molecules. So, the good news is that we are perpetual energy machines as long as we keep a balance of Reducing agents to Oxidizing agents. But what happens when we artificially introduce Persistent Organic Pollutants (POPs), like chemicals, into the mix?

We have now raised the number of things that need an electron. In short, our oxidative stress has now been artificially increased. This requires us to utilize our nutrients or antioxidants without increasing our energy production. So, we are now using up valuable resources without any benefit. Anybody have a hundred dollar bill they want to just throw on the fire? Increased oxidative stress has been linked to all the diseases of modern man: heart disease, cancer, hypertension, Alzheimer's, arthritis, COPD, asthma, allergies, ADHD, the list can go on and on.



I don't know about you, but I hate wasting energy! Especially when it is going to cause me (notice I did NOT say "might cause me") problems down the road by shortening my life or putting me in a nursing facility for the last 10 years or so of my life.

How Do I Know if I am Toxic? continues on page 2...

Contact the Editor:

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

Thank you for reading,

Tiffany Hurley
Marketing Manager
Editor

WHAT CAN WE DO?

There are things you can do for yourself and there are things that, as a doctor, I can do to help you. The most important thing you can do is practice the Principle of Avoidance.

Avoid pesticide- and herbicide-laden foods by buying organic as much as possible. If you cannot afford organic, remember that peeling a fruit or vegetable eliminates 100% of pesticides and herbicides. What, you don't want to peel your strawberries? Well then, rinse them in this easily made solution of:

- 1 TBSP white vinegar
- 1 TBSP lemon juice
- 8 oz of filtered water



With this mixture you will be removing about 85% of those pesky chemicals. And, by the way, you should equate GMO (genetically modified organisms) with poison.

Avoid the chemicals in your water supply (including pharmaceuticals that people flush down the toilet) by investing in a good water filtration system. There are many on the market that can range from a counter top model for around \$240 to a whole house system for several thousand dollars. Just remember, while the pitcher size charcoal filters or the in-line refrigerator systems are better than nothing, they are not going to filter the vast majority of what you are trying to get rid of. Pure spring water delivered to your door in glass bottles is the best way to insure a pure drinking and cooking water supply.

Avoid indoor air pollution. This is actually harder to do than avoiding outdoor air pollution! We have surrounded ourselves with chemicals in the home: plug-in air fresheners, fire retardant laden bedding and furniture, VOC paints, carpeting, carpeting pads, recovered cushions, pressboard in our furniture, stain resistant carpeting, permanent press clothes, dry cleaning, Teflon pans, deodorants, shampoos, antiperspirants, perfumes. The list can continue here as well. Bottom line—get rid of known POPs where you can and invest in a high quality charcoal plus HEPA filter air cleaner. Be sure that when you invest you get one large enough to handle the total cubic feet of the room 3 times an hour. So, if you have a 10x10x10 room you want a 3,000 cf/hour or 50 cf/minute unit.



WHAT YOU MAY NEED HELP WITH

Of course there may be instances when it is useful to know how you will respond to any depuration (cleansing). When I try to help anyone figure out what their total body burden of toxins may be or how they might respond to cleansing, I find a few questions helpful. These questions are designed to get a sense of how your body responds to toxic loads.

The first is your reaction to coffee or caffeine. Do you get jumpy or irritable, or if you have caffeine in the afternoon, do you have trouble sleeping that night?

The second deals with alcohol. In your past or present experience, do you find that 1 or 2 drinks leaves you feeling unusually giddy or hung over the next morning?

Third is a bonus question for women. What has your experience been, if any, on birth control pills? Did you gain weight, feel nauseated or have headaches?

Any answers to these questions which indicate a poor tolerance suggests a problem with how your liver handles the POPs. We all have certain mutations in our genes that may make it difficult for us to adequately “dump the toxins.” These mutations can often be bypassed with the appropriate use of nutritional supplements.

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Health Hunters Newsletter

Join our mailing list to receive this monthly newsletter FREE. To sign up, go to www.riordanclinic.org or email us at information@riordanclinic.org



21 Day Detox: A Patient Profile

by Pam Olberding

In October, we began offering a 21 Day Detox Program here at Riordan Clinic. It has wonderful benefits, such as improved energy, better sleep, weight loss, mental clarity, improved digestion, and healthier skin, as well as giving your liver a vacation.

Recently one of our co-learners came in wanting help with digestive issues and arthritis pain. She is a beautiful person, a dancer and is performing at an upcoming WSU event. She is in her 50's and had actually started a similar program earlier this year, but had to stop when her mother became ill and passed away too soon. She came to Riordan Clinic to start the program again.

I'm happy to say that after the 3 weeks were completed, she stated that she is having less inflammation and better energy to keep up with her very busy lifestyle. As part of the program, she was taking the Liver Cleanse supplement twice a day; this helps to slow down phase 1 of the liver so that phase 2 can catch up. She also took a B Complex supplement daily. Every week she was given a B12 injection and used the Medicare SGS shakes as part of the protocol for the program. She did not have a lot of weight to lose, but still lost 10 pounds as a result, and is very happy with the outcome!

Toxins are all around us and reducing toxins in our bodies helps us to continue to live productive lives. To find out how toxic your surrounding environment is and why it is so important to detox, visit www.scorecard.org. Type in your zip code to see how your county rates. Your liver will thank you!

To find out more about this 21 Day Detox Program, visit www.riordanclinic.org or call 316-682-3100 and sign up today.

Finally, the \$64,000 question: How do you respond to smells?

If you answer this particularly with, I can't stand them...they give me a headache...I get nauseated...or simply I have to leave the room immediately, you have a serious total body burden of POPs that needs further investigation by a qualified Environmental Physician.

A qualified Environmental Practitioner can offer you a comprehensive program of evaluating your toxic load as well as designing a personal program to help you eliminate the toxins you have accumulated over your lifetime. This may include lymphatic drainage, IV nutrient support, chelation, saunas, colonics, as well as nutritional advice on how you can help your body cleanse itself.



Do you want a life lived to its full potential, free from disease or debilitating illness for as long as possible, or are you willing to take a shot at being a member of the "I got real lucky" club? (You have a better chance at winning Powerball.) The choice is yours.

Chelation and Metal Intoxication

by Dr. Nina Mikirova, Director of Research



In an industrialized society like ours, a wide variety of contaminants are released into the environment every day. The sources of environmental contamination by toxic metals can be natural or man-made. Natural contamination may occur from erosion or seepage from metal-rich superficial deposits or volcanic and thermal-spring activity. Human activities play an important part in man-made environmental pollution, including: mining, smelting, and the manufacturing of paper,

cement, brick, fossil-fuel combustion, and inorganic fertilizers, among others. Although there are many intoxicating metals, lead, mercury, arsenic, and cadmium seem to be the most common.

The most familiar of these are lead and mercury. Lead toxicity most commonly occurs with prolonged exposure to old houses with lead paint, leaded gasoline, vehicle and machinery exhaust fumes, or by occupational exposure (soldering, welding, battery reclamation). Mercury exposure is the second most common cause of toxic metal poisoning. Mercury toxicity almost always occurs with high-risk occupational exposure, such as those experienced by dental workers and battery/thermometer manufacturers. Public health concern over mercury exposure often arises due to contamination of fish with methylmercury and the elemental mercury content of dental amalgams (fillings).

Arsenic and cadmium pose a threat as well. Arsenic poisoning usually occurs from exposure to insecticides, herbicides, rodent poisons, veterinary parasitic medications, and due to the presence of high levels of this metal in water. Cadmium occurs in paint, cigarette smoke (which arises from the cigarette paper and is especially common in second-hand smoke), car exhaust and car tires, solder, and in old galvanized pipes. The exposure to other toxic metals, including cobalt, nickel, and aluminum, is not very common.

Metal-induced toxicity is very well studied. The human body cannot break down heavy metals, which can build up to toxic levels in the body and interfere with normal functioning. Heavy-metal toxicity can cause a wide range of problems including severe injury to the body's organs, including the brain. For example, lead is known to induce a wide range of physiological, biochemical

Chelation and Metal Intoxication continues on page 4...

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 happiness. Here are just a few we'd like to thank.

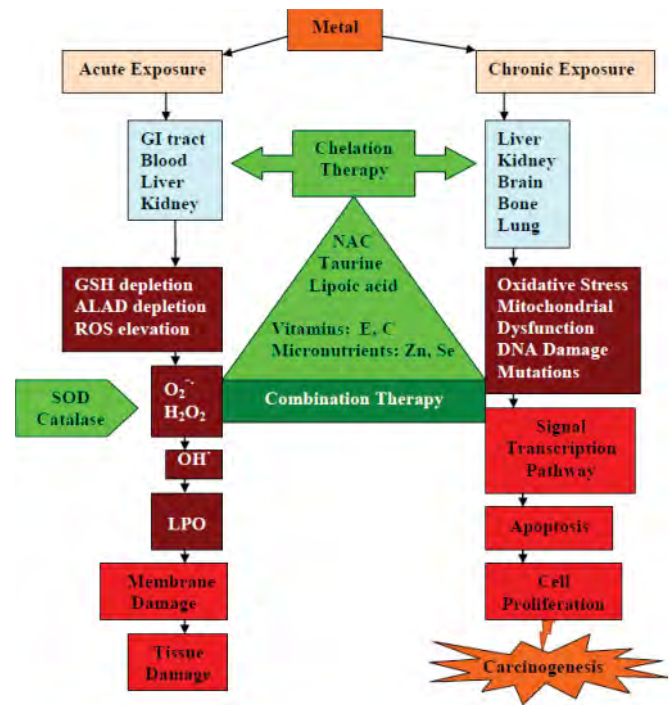
- All individuals and groups who have donated to our cause through financial support
- Wichita Photo Walks Facebook group for sharing our beautiful campus through their photos
- Alveno McPhaul for room rental
- All those who attended our Welcome Reception for Dr. Mike—we were so happy to see you!
- Green Acres Market for helping us share Dr. Mike's wealth of knowledge during "Breakfast with Matt"
- Our patients, co-learners, and staff who spread the good word about the clinic:

Dr. Zauderer, I just want to thank you for seeing [my son] a few weeks ago...and giving us an alternative option to medication. I stopped the dairy and within a few days we saw improvement, the tics are now gone! ...I am so thankful that I brought him to see you; you have helped me make the right decision as a mother that I will never forget.

—B.M., November, 2013



and behavioral dysfunction. Lead can be a persistent environmental pollutant and cause pathologies in the central and peripheral nervous systems, hematopoietic system, cardiovascular system, gastrointestinal system and immunological system. Chronic exposure to cadmium results in renal dysfunction, anemia, hepatic dysfunction and even cancer. A number of studies found a correlation between aluminum and Alzheimer's disease. Chronic lead or aluminum intoxication can be associated with high blood pressure. Mercury salts are very toxic to the kidneys, causing acute tubular necrosis and nephrotic syndrome. Central neuropathy can also occur from mercury salt exposure.



Chelation therapy is a mainstream medical treatment used to treat heavy-metal poisoning. The term "chelation" comes from the Greek word "chele", which means "claw," referring to the way the chemical grabs onto metals. Chelation therapy involves the use of chemical compounds injected into the blood stream, muscle, or taken orally to bind metals that are present in toxic concentrations so they can be excreted from the body. As the result of treatment, chelating drugs lower the blood levels of metals such as lead, mercury, or cadmium, by attaching to the heavy metal molecules, which helps the body to remove them through urination.

The metal selectivity of the chelating agent is very important because a high concentration of metals in the body, including essential metals, results in high excretion of useful metals. This is the reason that patients are advised to take supplements such as calcium, chromium, copper, iron, magnesium, manganese and zinc after chelation to replenish useful metals that can be depleted during this process.

Along with elimination of toxic metals from the body, chelation therapy has also been promoted as an alternative treatment for many unrelated conditions, such as gangrene, thyroid disorders, multiple sclerosis, muscular dystrophy, psoriasis, diabetes, arthritis, Alzheimer's disease, and the improvement of memory, sight, hearing and smell.

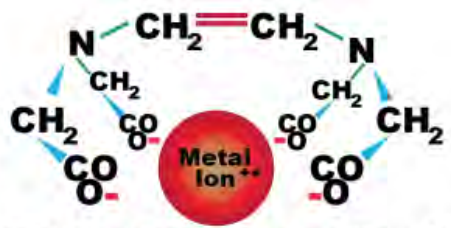
Effective chelation treatment of metal poisoning requires a lot of study to understand the physical and chemical characteristics of the chelators and toxic metals, effective administration routes and dosages of chelators, level of toxicity, and intra/extra cellular distributions.

The leading chelation agent is a man-made amino acid, EDTA (ethylenediaminetetra-acetic acid), and treatment consists of repeated intravenous infusions of sodium or calcium EDTA. Chelation therapy using EDTA has been approved by the U.S. Food and Drug Administration (FDA) as a treatment for lead poisoning for more than forty years. Calcium EDTA exchanges calcium for lead and other heavy metals. It is approved for the treatment of lead poisoning. Sodium EDTA exchanges sodium for calcium and is approved for hypercalcemia.

Chelation EDTA therapy is most often given into a vein, either as a short injection or over a period of two to four hours via an intravenous infusion. A typical treatment cycle may include twenty injections or infusions spread over ten to twelve weeks. Chelation therapy can also be given by mouth by several chelating antidotes: DMSA (dimercaptosuccinic acid), DMPS (dimercaptopropane-l-sulfonic acid), and Penicillamine.

The first two chelating agents, DMSA and DMPS, have been most evaluated for the removal of mercury; these antidotes can be administered orally. DMSA increases the urinary excretion of

lead, copper, mercury, and, to a lesser degree, zinc. A study with DMPS chelation proved that about two-thirds of the mercury excreted by people with mercury-containing dental amalgams appears to be derived from mercury vapor released earlier from their amalgams. A highly significant positive correlation has been found between the number and size of amalgam fillings and urinary mercury excretion. Developing an effective chelation therapy for cadmium is difficult because cadmium is tightly bound to metallothionein in the liver and kidneys.



Penicillamine has been used to chelate toxic metals including copper as well as lead, mercury and arsenic. It has been approved by the FDA for treatment of Wilson's disease, cystinosis and rheumatoid arthritis but not for

Ethylenediaminetetraacetic acid (EDTA) chelates a metal ion

lead poisoning. Nevertheless, a substantial body of experimental and clinical data exists regarding the pharmacology and utility of penicillamine in both adult and childhood lead poisoning. Experience at the Lead Clinic of the Boston Children's Hospital suggests that Penicillamine increases excretion of lead with a minimal risk to children with blood lead levels greater than 35 micrograms/dl.

Chelation therapy is safe. In *Bypassing Bypass*, the author declares that six million chelation treatments have been given safely over the last forty years. However, he warns of the seriousness of the possible side effects and advises that prospective patients be given a complete physical examination. Tests should be conducted to rule out hypocalcaemia, kidney impairment, allergic conditions, hypoglycemia, blood-clotting problems, congestive heart failure, liver impairment, and tuberculosis. Potential side effects of Penicillamine include hypersensitivity reactions, particularly in subjects allergic to penicillin.

In addition to synthetic antidotes, several natural substances can be used to remove toxic metals from the body. They include: alpha-lipoic acid, sulfur-bearing amino acids found in garlic and garlic extracts, alginates, pectin, the sulfur amino acids (methionine, cysteine, taurine), N-acetylcysteine and Cilantro.

Lipoic Acid (LA) is an antioxidant, which possesses a powerful potential to quench reactive oxygen species, regenerate glutathione and chelate metals such as iron, copper, mercury and cadmium. Garlic contains methionine and cysteine, two amino acids known to act as chelators for arsenic, lead, mercury and cadmium. Other natural sulfur-bearing components of garlic have the ability to reduce the tissue burden of toxic metals.

N-acetylcysteine (NAC) is the antioxidant that also has metal-chelating properties. In addition, treatment by NAC could supply cellular stores of glutathione and it is effective against oxidative stress developed during toxic-metal exposure. Pectin, prepared from citrus peels, apples, and alginate widely distributed in the cell walls of brown algae, is natural absorbents of heavy metals.

It is important to remember that, if you are in good health, your body has its own, very efficient, detoxification system (made up of the kidneys, liver, intestinal tract and skin) which is designed to eliminate these kinds of toxins. **The best way to strengthen your body's immune system, so that it can resist metal toxins, is through diet and the correction of any nutritional deficiencies.**

Results of our research study indicate that accumulation of toxic metals in the body is most severe when other essential minerals are deficient. The toxic effects of these metals may be mitigated by enhancing the nutritionally essential metals. Dietary deficiencies of calcium, iron, and zinc enhance the effects of lead on cognitive and behavioral development. Iron and zinc deficiencies are associated with increased gastrointestinal toxic-metal absorption.

Dietary habits have an important influence on susceptibility to chemical toxicity, mostly because adequate nutrition is essential for the functioning of the body's chemical defense system in maintaining good health. Adequate intake of essential metals and proteins, especially the sulphur-containing amino acids, is necessary for the biosynthesis of various detoxifying enzymes. Lipids, especially phospholipids are necessary for the synthesis of biological membranes. Carbohydrates provide the energy required for various detoxification processes. Selenium, glutathione, and vitamins have an important role as antioxidants (e.g., in controlling lipid peroxidation and maintaining integrity of cellular membranes) and free-radical scavengers for protection against toxic chemicals.

To detoxify your body, eat more vegetables (especially dark green, leafy vegetables) that contain the greatest amounts of antioxidants. Include foods such as garlic, onions, beans, fresh fruits and juices in your diet. These will begin to help cleanse metals from your system. A water-soluble fiber supplement will help cleanse your colon, for swifter elimination of the metals. Also, begin taking a good, high-potency multivitamin/mineral capsule. The nutrients that are known to help eliminate toxic metals in the system are selenium, calcium, magnesium, zinc, iron, copper, chromium, B-complex vitamins, vitamin C, vitamin E and vitamin A. Drink 8 to 10 glasses of pure water each day and make sure you get enough rest. The nutrient quality of your diet is a significant factor in modifying the response to toxic-element exposure.

At Riordan Clinic, we perform diagnostic testing to detect the presence of heavy metals in your body. Based on the results, our physicians are able to design a plan that may include extended specialized testing, chelation and dietary recommendations to decrease the toxic burden of these substances on your body. Additional testing is done after the treatments to confirm that the intoxication has been reduced. **If you believe heavy metal intoxication could be the root-cause of your chronic health issues, call 316-682-3100 to schedule an evaluation today.**

Detox in Your Tub!

by Laurie Roth-Donnell

Master Herbalist and Holistic Health Practitioner

Winter is quickly approaching and now is a great time to try a home detoxification regimen that will prime your immunity and cleanse your system. At the end of a long cold day, a calming bath soaks away tension. You can take your bath to the next level by simply incorporating a few household ingredients to create a powerful home detoxification therapy that will refresh and rejuvenate you.

Salons and spas will charge a high price to restore your inner peace with



extravagant detoxification baths. I am a huge fan of water therapies and want to share a few of my home favorites that will not break your bank. The purpose of detoxification baths is based on the idea of drawing toxins out of your body through the skin during a bath.

Detox in Your Tub! 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)

Keep your body at its optimal health so that you don't miss out on any of the holiday fun! Consuming a diet rich in a variety of nutrients will help you avoid unwanted digestive discomfort, promote good immunity during this cold and flu season, and aid your body's natural way of eliminating toxicants.

Join us at Marie's for a healthy lunch break with friends or call us to cater your event.

Purchase \$10.00 or more and
SAVE \$2.00 OFF

your total bill at Marie's Cafe and Bakery when you present this coupon in December.



Must be presented at the time of purchase to receive the discount. Not valid with any other offer. Tax or gratuity not included. **Expires December 20, 2013**

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SAVE \$4.00 OFF

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Must be presented at the time of purchase to receive the discount. Not valid with any other offer. Tax or gratuity not included. **Expires December 20, 2013**

"Caring for the whole person has always been our focus."—Marie Hunt, Owner

Please visit our website for more information. mariescafeandbakery.com

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Wichita, KS 67219
316-927-4780 office
316-927-4781
dining room



The first tub treatment I suggest incorporates a few common ingredients you probably already have at home such as: Epsom salts, baking soda, sea salt, and ground ginger. When combined they create a powerful detoxification therapy. The second and third treatments include the use of a more specialized and powerful detoxification agent, Bentonite Clay, and I suggest either a bath or hand and foot therapy treatment.

In addition to the therapy instructions below, please enjoy a brief highlight of why these ingredients detoxify your body, beginning with the most commonly known.

Baking soda, or sodium bicarbonate, provides a naturally alkaline substance with a reputation for helping to remove toxins.

Sea salt has been used in healing bath waters for millennia. The soothing, rejuvenating properties imparted by minerals in the salts can reduce arthritis pain, deep muscle fatigue, and irritation from eczema and psoriasis.

Epsom salt, named for a bitter saline spring at Epsom in Surrey, England, is not a salt but rather a naturally occurring pure mineral compound of magnesium and sulfate. Long known as a natural remedy for many ailments, its health benefits expanded to beauty, household and gardening-related uses as well.



Studies show that magnesium and sulfate are readily absorbed through the skin, making Epsom salt a great ingredient for the detoxification and rejuvenation bath. Magnesium plays a number of roles in the body including regulating the activity of over 325 enzymes, reducing inflammation, enhancing muscle and nerve function and assisting in the prevention of hardening of the arteries.

The natural sulfates help improve the absorption of nutrients, flush toxins and have been attributed to easing migraine headaches.

Ginger is a pungent herb that has an anti-inflammatory effect on rheumatoid arthritis. Externally it is the base of treatments for muscle sprains and fibrositis. It is also an excellent stimulator for peripheral circulation, which may cause flushing of the skin in this detox bath.



Lavender Oil is an essential oil used in small amounts as an anti-inflammatory for the treatment of rheumatic complaints and is a relaxing nervine, antidepressant, and promotes natural sleep. It should ease rheumatism as well as assist in sleep.

Lemon Oil is an essential oil used to reduce anxiety, depression and increase concentration and memory power. It assists in a "winding down" of the nerves to ease into sleep.

Rosemary Oil, applied externally, helps ease muscle pain, sciatica, and neuralgia. It acts as a follicle stimulant and improves scalp circulation. It is an antidepressant, antimicrobial, rubefacient, and may lessen migraine pain. Just use several drops in the tub!

THERAPY #1

Easy Detox Bath (Allow 45 minutes for full benefits)

Base Ingredients:

2 cups Epsom Salt (additional 1 cup for every 50 lbs you are over 100)

1 cup Sea Salt

2 cups Baking Soda

1/3 cup Ground Ginger

Three drops of an essential oil of choice.

Simply run a hot bath, add ingredients, and circulate until fully dissolved. Jump in, as warm as possible, and soak for 45 minutes—add more hot water if it cools. You will notice your skin turning pink and you will begin to sweat—all a normal part of a detox. The more ginger you use, the more

Detox in Your Tub! continues on page 7...

December Supplement Special

Save 15% on These Select Supplements



Ginger Root (100 caps)
\$16.87 Sale **\$14.39**
(VGing)



Lavender Oil (1 oz)
\$28.02 Sale **\$23.82**
(VLav)



Milk Thistle (60 caps)
\$16.49 Sale **\$14.02**
(VMilkTh)



Throat Mist (1 oz)
\$10.75 Sale **\$9.14**
(VThroat)



Blue Heron (120 caps)
\$19.83 Sale **\$16.86**
(VBlueHer)



Trace Minerals (30 caps)
\$8.50 Sale **\$7.23**
(VTraceMin)

Detox in Your Tub! continues from page 6...

heat you will experience. Listen to your calming music or even read a book while soaking. After 45 minutes, pat the skin dry with a cotton towel and relax for 15 additional minutes.

THERAPIES #2 AND #3

Bentonite Clay is another powerful natural detoxification agent used in expensive spas around the world. This clay is easily found online, and it has amazing results when you want to experience a full body detoxification. Below are several ways to use Bentonite at home!



Tube Therapy with Bentonite Clay

Fill your bathtub with warm/hot water, whatever is comfortable, and add the clay. The hotter the water the better, as it opens the pores of the skin and stimulates the lymph system, enhancing the detoxification process. Slowly mix in the clay with your hand or a non-metal utensil to keep the clay particles from clumping. Use 1 cup of clay for children and up to 2 cups for adults, soaking in the tub for 10 to 20 minutes.

Warning: Anyone with chronic conditions, such as high blood pressure or heart conditions, should be reminded to check with your doctor prior to a clay therapy bath and begin with ½-cup clay, soaking in the tub for just 10 minutes, easing into a full tub therapy session.

When you are finished with your bath, drink a glass of water to re-hydrate and then shower off. It is a good idea to honor the body and allow the body to rest while it continues to adjust to the detoxification process.

When you are finished, let your tub water run for an extra 2 minutes to allow all the clay to move out from the pipes. If you have old pipes or are concerned about the clay clogging your drain, wait a few hours for the clay to settle to the bottom of the tub, then use paper towels to scoop out the settled clay.

The Calcium Bentonite Clay bath will increase mobility, reduce inflammation, and is a powerful natural detoxification agent. This clay is constituted of negatively charged ions that “capture” positively charged ions in your system. The super absorption property literally pulls toxins, chemicals, and heavy metals out of the body while re-mineralizing your entire system. The clay’s amazing restorative properties are derived from numerous minerals such as calcium, iron, iodine, magnesium, zinc, selenium, copper, manganese, chromium, chloride, sodium, and potassium - all natural substances each body requires.

Hand and Foot Heavy Metal Detox with Bentonite Clay

Place 1/4 cup of Bentonite Clay in a glass container that seals. Add warm, distilled, or filtered water (not boiled water). Using a non-metal utensil, mix to make a paste similar or a little thinner than butter. Apply the paste once a day to one entire foot or hand and let dry (10 to 20 minutes).

Wash off. The next day, apply to an alternate hand or foot. Toxins effectively leave through the hands and feet, and you should see evidence in the darker dried clay. Complete this cycle 2 times.



Fill a drinking glass with good quality water, turn on some relaxing music, and have a fluffy cotton towel, robe, and slippers handy to melt into!

I hope you try these at-home therapies, and as with all new health care regimes, consult your physician prior to undertaking a new therapy.

Sources:

Upon a Clay Tablet by Jason Eaton
www.saltworks.us
www.livestrong.com
Contact the author: LaurieDonnell@hotmail.com

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



Bio-Center
Lab



Bio-Center Laboratory

The most important diagnostic tool in toxicology is a thorough medical history. The most important treatment in toxicology is avoidance. The role of the laboratory is to measure levels of suspected substance exposures for diagnosis, and for response to treatment. Exposure to environmental chemicals, liquids, vapors, dusts, etc. may have adverse effects on all organ systems, effects which can be measured by laboratory testing. The most critical organ in toxicology is the liver. Two essential metabolic pathways in the liver, for processing (detoxification) of toxic chemicals, can be evaluated by specialized laboratory tests; routine liver function tests may also show abnormal results. Specific nutrients may be prescribed by your doctor to correct liver abnormalities, as well as to correct malfunctions in other organ systems.

One commonly used laboratory test, pertinent to toxicology, is hair mineral analysis. This is useful in both nutrient and toxic mineral assessments. The nutrients included on this test are zinc, copper, calcium, magnesium, manganese, chromium, potassium, sodium, molybdenum, selenium, and iron. The toxic metals included in hair analysis are cadmium, lead, arsenic, aluminum and mercury.

Hair Mineral Analysis
Cost: \$94.00

To schedule your lab
appointment, call 316-682-3100.

Lunch & Lecture Series 2014

January 16, 2014	Tired? Could It Be Your Thyroid?	Dr. Ron Hunninghake
March 20, 2014	The 17 Correctable Causes of Chronic Illness	Dr. Ron Hunninghake and all Riordan Clinic doctors
May 8, 2014	Is a Healthy Diet Always a Fat Loss Diet? How to eat and exercise to lose weight	Dr. Jennifer Kaumeyer
July 17, 2014	Which Comes First—Aging or Hormone Loss?	Dr. Mike Bauerschmidt
November 13, 2014	Conquer Stress by Renewing Your Adrenals	Dr. Anne Zauderer

Dates, topics and titles are subject to change.

Reservations REQUIRED

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



Invest in the Vision

Thank you to the individuals, corporations and foundations for your support during 2013. Riordan Clinic has been a good steward of your gifts. I invite you to view the Patients' Success Stories on our website and learn firsthand the difference you have made.

The holidays are 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 available. You may be interested in supporting the research institute, discovering the root causes of illness and finding solutions for better health. Perhaps you want to support nutrition-based education for health care professionals and the community. You may want to invest in the technology, diagnostics and treatments of our Bio-Center Laboratory and clinical services. 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 www.riordanclinic.org—or you can mail your gift to Riordan Clinic; 3100 N. Hillside; Wichita, KS 67219. Contact me at 316-682-3100 or by e-mail at psmith@riordanclinic.org if you would like to talk about additional opportunities that match your charitable giving interests. On behalf of the staff of Riordan Clinic and those who benefit from your generosity, we wish you a happy holiday season.

Paula Smith, Development

Holiday Hours

Riordan Clinic
December 24, CLOSED at 1pm
December 25, CLOSED
January 1, CLOSED

Marie's Café and Bakery
December 23 – January 1,
CLOSED

*Wishing you
a safe and happy
holiday season from
all of us at
Riordan Clinic.*