



Health Hunters

Newsletter

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

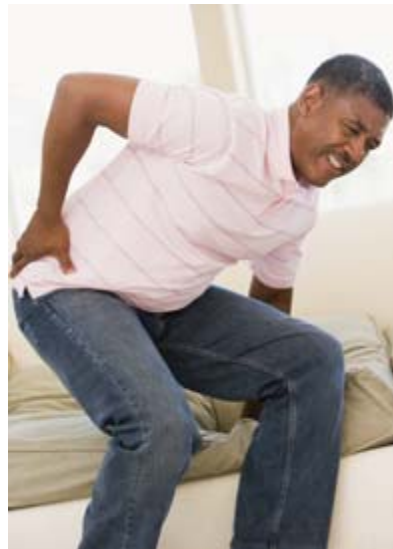


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Arthritis: The Inflammation Connection

by Anne Zauderer, DC



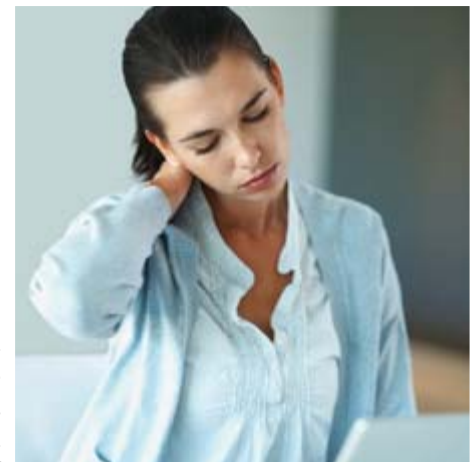
How many of you have had the experience of waking up in the morning with joint aches and pains? Well, you are not alone! Arthritis is the **most common cause of disability in the United States**, affecting 22% of all adults. The total cost of the disease is upward to \$128 billion¹ (yes, billion!) a year. So many of us have arthritis but do we really understand what it is? Why do our joints hurt? **Could there be a connection between our diet, lifestyle and arthritis?**

There are many forms of arthritis. The most common kind is called **osteoarthritis**, or degenerative joint disease. This is usually attributed to general “wear-and-tear” on the joints. Improper biomechanics lead to uneven degeneration of the cartilage that surrounds our joints. This type of arthritis usually affects the knees, hips and hands; however, it can occur in almost any joint in the body. Another common form is **rheumatoid arthritis**, or inflammatory arthritis. This is an autoimmune condition where our body’s immune

system attacks the synovial membranes that are contained within our joints. Rheumatoid arthritis tends to be more systemic and will affect the joints symmetrically. There is a female predisposition and a genetic link in this type. There are hundreds of different conditions that affect the joints that we could talk about; however, let’s focus on the one common link between almost all of them—**inflammation**.

Inflammatory conditions are easy to pick out from all of the traditional medical jargon. If your doctor diagnoses you with anything that ends in—*itis*, you can identify that you have inflammation. For example, the word arthritis comes from the Greek term—*arthro*, meaning joint, and—*itis*, meaning inflammation. Hence, *arthritis* is a general term to describe pain and inflammation of the joints. Some common conditions that are related to inflammation include:

- **Obesity**
- **Diabetes**
- **Arthritis**
- **Cardiovascular disease**
- **Cancer**
- **Asthma**
- **Bronchitis**
- **Gastritis, ulcers**
- **Crohn’s Disease**
- **Eczema**
- **COPD**
- **Celiac disease (gluten intolerance)**
- **Alzheimer’s**
- **Gingivitis**
- **Athletic injuries**
- **Much more**



You can think of inflammation like a wildfire. In nature, wildfires are necessary to maintain the integrity of the ecosystem. It is a natural process of pruning forests and providing new fertilizer to the system. However, we have all heard about wildfires growing out of control and the damage that can be done if they are not contained...inflammation is no different. Inflammation over a short period of time, in a contained fashion, can be necessary for the body

Arthritis: The Inflammation Connection continues on page 2...



Letter from the Editor:

by Amanda Hawkinson

According to the Center for Disease Control, as of 2012, over 50 million people are diagnosed with some form of arthritis, and many aspects of life are affected for those with it. Of the 50 million people, 42% report activity limitations, 5% report work limitations, and 6.6% report severe psychological distress. In 2012, 9,367 deaths were due to arthritis and billions of dollars were attributed to arthritis. So not only is arthritis damaging to your health but to your wallet as well. What if there were valuable ways to make arthritis manageable?

This issue of the Health Hunters Newsletter gets to the 'snap, crackle, and pop' of the matter and hopes to shed light on effective ways to manage arthritis pain.

Now, sit back, relax and discover how to relieve your aches and pains.

Enjoy.

Amanda Hawkinson
Editor

newseditor@riordanclinic.org

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Facebook

Arthritis: The Inflammation Connection continued from page 1...

to break down damaged tissue to heal and regenerate. However, if that inflammatory "fire" is not contained, it can spread and do damage to healthy cells and tissue.

So, what situations within the body turn on that "fire" and shift our metabolic pathways to a PRO-inflammatory state? Whether acute or chronic, the following are a sample of conditions that induce inflammation:

- Physical injuries
- Infections
- Allergies and sensitivities
- Stress

In an acute situation, the PRO-inflammatory response is appropriate. However, when left unresolved over a long period of time, that acute situation becomes chronic. For example, an untreated yeast infection can turn into Candida overgrowth and be a source for a chronic, low-grade infection. The body is shifted into a PRO-inflammatory state.

However, thankfully, that is not the end of the story! The key to almost every process within the body is BALANCE. There exists an ANTI-inflammatory system that maintains checks and balances within the body. **How do we shift toward that system?** By reducing stress and supplementing with the right nutrients, we can promote the ANTI-inflammatory pathways that keep our system in check.

It is important to note that there is a difference between the **causes** and the **triggers** of inflammation. The **causes** of inflammation, previously mentioned, turn on the PRO-inflammatory pathways. The **triggers** are what feed the fire of inflammation. If you had no fire to begin with, throwing lighter fluid on some logs is not going to start a fire. You need that spark or small inflammatory fire for the **triggers** to cause a response. By reducing your triggers and promoting ANTI-inflammatory pathways, your symptoms of joint pain can be reduced or eliminated.

Some of the most common triggers we encounter in our world are:

- Environmental pollutants
- Chemicals in our water
- Pesticides on our vegetables
- Growth hormones and antibiotics in our meat and dairy
- Chemicals in our cosmetics
- Preservatives in our food
- Stress

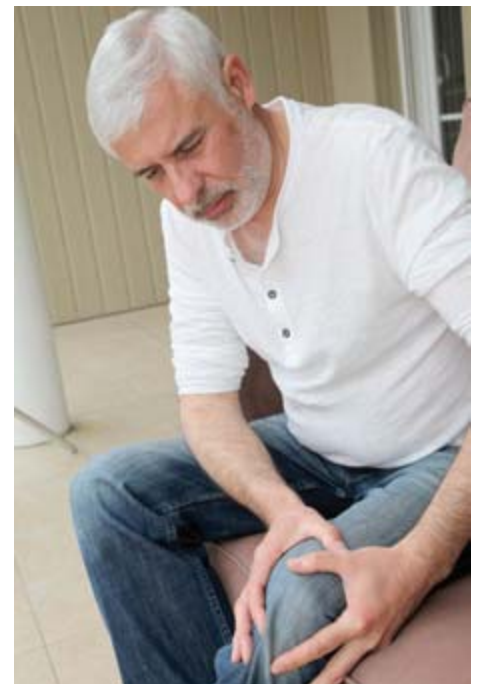
The million-dollar-question...how do we avoid all of these triggers?

Unfortunately, in today's world, you can't. However, you can take steps to minimize them. By supplementing the body with the correct nutrients and making lifestyle changes to shift your body into an ANTI-inflammatory state, you can create an environment where the triggers are less severe and cannot "spark" a large, inflammatory fire.

Here are some easy steps you can take to reduce your inflammation and arthritis pain:

1. Eat Real Food: This is something you can start **today**. Fill your plate with REAL food! Anything that comes in a box or from a restaurant that has a "dollar menu" is not real food. Your taste buds are being tricked to enjoy the flavor of chemically-enhanced food substitutes. All of the preservatives and flavor enhancers are pro-inflammatory and contribute to the pain you feel in your joints.

2. Look for Colorful Food: An easy way to determine the nutrient content of food is to look



Arthritis: The Inflammation Connection continues on page 3...

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Patient Profile

by Nichole Kunkel, RN, BSN

It is often said that once you have a diagnosis, there is nothing you can do for it except suffer with it the rest of your life. Arthritis often falls into this category; however, it can easily be managed. Even if you have suffered from arthritis for years, hope can be found at the Riordan Clinic.

Upon her initial visit to the clinic, at 69 years of age, arthritis was one of the priority health treatments sought by one of our patients. After living with increasing pain and receiving little help and no improvement from western medicine, our doctors quickly became the answer to her problem.

A simple supplement regimen that decreases histamines and inflammation, as well as boosting the immune system, is not only key to decreasing inflammation and pain but can prevent arthritis from causing more damage. Vitamin C, glucosamine and MSM are recommended for treating and preventing further damage of arthritis. Hyaluronic acid also helps prevent arthritis from causing further damage and deterioration. Blood testing is encouraged to monitor inflammation within the body as well.

Within a week of her initial visit, the patient stated feeling more movement in her joints, sleeping through the night with little to no hip pain and feeling like she could perform more physical activities, such as lifting heavy boxes, like she could 15 years prior to her diagnosis. She continues to manage her arthritis and live life young. Sometimes the simplest adjustments can improve your life in more ways than initially anticipated.

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

at the color. Foods with rich, deep colors (think: blueberries, spinach, sweet potatoes) are high in phytonutrients and pack a mean punch for fighting inflammation. Enhance the flavor of these foods by cooking or drizzling them with good fats like olive oil and coconut oil, which also promote ANTI-inflammatory biochemical pathways.



3. Avoid Food Sensitivities: Most of us have foods that our body does not process well. Over time, these foods cause an immune response every time we eat them. Most of us are unaware of these foods because they do not cause a full-blown anaphylactic allergy like hives or our throat closing. However, eating them contributes to that low level of inflammation within our body. Some signs that you might have a food sensitivity are: **fatigue, headaches, eczema, chronic yeast, canker sores, feelings of depression, achy joints...and much more.** If you suspect a food, take it out of your diet for 2 weeks and then reintroduce it. Note how you feel after you eat. If it is a food you are sensitive to, you will have a strong reaction to it. However, the surest way to check for food sensitivities is a **food cytotoxic test**. This is a blood test done at the Riordan Clinic that will give you an accurate picture of exactly what you are sensitive to and the degree of sensitivity.

4. Decrease Pro-Inflammatory Foods: There are some foods that universally shift your body into a pro-inflammatory state. Foods like sugar, trans-fatty acids, refined grains, and conventional dairy products can steal vital nutrients from your diet and push the body into a state of inflammation. So ditch the donuts and look for a sweet, healthy alternative!

5. Take Supplements: Give your body the right tools it needs to protect itself. Supplemental nutrients are needed in higher levels when the body is in a state of disease. Here are a few that specifically help with calming the inflammatory “fire” in your body and reducing your arthritis symptoms:

- Vitamin C—necessary for collagen production and a potent antioxidant
- Vitamin E—synergistic with Vitamin C and can help reduce osteoarthritic symptoms
- Vitamin D—needed for bone health and immune function
- Vitamin B3 (Niacinamide)—studies have confirmed² that use of daily niacinamide helped arthritis patients reduce their anti-inflammatory medications, reduce joint swelling, and increase mobility
- Glucosamine and Chondroitin—stimulate production of new cartilage in injured joints
- Hyaluronic Acid—anti-inflammatory, tissue repair, and retention of lubricant in joints—showing to be even more promising than Glucosamine and Chondroitin

Note: The best way to determine vitamin deficiency and monitor vitamin levels is through regular bloodwork and under the care of a licensed healthcare provider.

6. Seek Chiropractic Care: Minor misalignments in your joints can have a significant impact if they are left uncorrected for a long period of time. Sports injuries, falls, and trauma can lead to uneven wearing of our joints. This will cause improper biomechanical movement and therefore the breakdown of cartilage faster in certain areas of the joint. Regular chiropractic care is important not only for spinal health, but also proper alignment of our knees, feet, shoulders, and hands. It is best utilized in a preventative fashion; however, it is never too late and can be extremely beneficial in stopping the degenerative process.



7. Have an Active Lifestyle: Keep moving!! It's easier said than done, but one of the worst things you can do for your joints is to stop exercising. Your joints are avascular; meaning, there is no direct blood supply. Therefore the nutrients and oxygen your joints and the surrounding cartilage receive is by a process of diffusion. That diffusion process is facilitated by loading and

Happy Valentine's Day
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)

Love is unselfish, loyal and benevolent concern
for the good of another.

According to Dr. Elaine Magee, "If losing weight is
your goal, you may want to start your meals with
a green salad. Studies have shown that eating a
low-calorie first course, like a green salad of 150
calories or less, enhances satiety (feelings of
fullness) and reduces the total number of calories
eaten during the meal." Marie's Cafe and Bakery is
an excellent place to get quality and tasty salads
at a reasonable price.

Magee also indicated "We saw reductions in
consumed calories when people ate salads that
were 1 1/2 cups and 3 cups in volume but around
100 total calories. The 3-cup, 100-calorie salad
reduced the total calories consumed at the meal
by about 55..."

This February, Marie is sharing her love by
launching a **SALAD BAR**, in the effort to continue
the battle of calorie counters, saving lives and
making a healthier you.

On behalf of the staff at Marie's Café and Bakery,
we want to wish you a Heart Healthy Month.
Thank you for your patronage.

HAPPY Valentine's DAY



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Arthritis: The Inflammation Connection continued from page 3...

unloading of the joint. If you stop moving, your joints
stop receiving proper nutrition, which perpetuates
the degenerative process. It is best to exercise
moderately about 30 minutes a day. Focus on low-
impact exercises such as water aerobics, cycling, tai
chi, and yoga.

8. Utilize IV Nutrient Therapy: Researchers at the
Riordan Clinic have recently published a study in the
journal *Modern Research in Inflammation* entitled,
"Effect of high dose intravenous ascorbic acid on the
level of inflammation in patients with rheumatoid
arthritis." Their preliminary results suggest that
regular intravenous vitamin C (IVC) may reduce the
levels of C-Reactive Protein (an important marker of
inflammation, especially in rheumatoid arthritis and
heart disease) as well as reducing levels of oxidative
stress within the body. Research like this is extremely important for determining ways to
naturally support the body's shift away from a PRO-inflammatory state. Because inflammation
plays a large role in many chronic diseases, this research is extremely promising and sets the
stage for future studies. **See page 7 for more information about this study.**



Like most symptoms, arthritis pain exists because the body is trying to communicate something to
us. It can be a warning that there is something more insidious happening behind the scenes in our
bodies. The long-term solution does not lie in dulling the pain with NSAIDs, which work by blocking
pain and interrupting important biochemical pathways within the body. Instead, let's focus on
ways to naturally shift the body into an ANTI-inflammatory state and create an environment for
the body to heal. That process starts now and it starts with YOU!

Make a 30 minute consultation with Dr. Zauderer or Dr. Kaumeyer to discuss easy ways to improve
your lifestyle. **Call 316-682-3100 to schedule your appointment.**

¹ CDC.gov

² Jonas, W.B. et al. "The effect of niacinamide on osteoarthritis: a pilot study." *Inflamm. Res.* 1996;45:330-331

Do You Know Your Nutrient Levels?

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For more information, visit www.riordanclinic.org.

Know Your Nutrients: Turmeric Curcumin

by Amanda Hawkinson

What is turmeric?

Turmeric is best known as a spice in the U.S. and is one of the main components of curry powder. However, turmeric is native to tropical South Asia and has been used in India, and other parts of Asia, for thousands of years and is a major part of Ayurvedic medicine (traditional Indian medicine that includes massage and meditation). It was first used as a dye and then later for medicinal purposes, because of its inflammatory, antioxidant, and anticancer properties, and is used to treat many health conditions.

Why should someone take turmeric?

Turmeric (particularly curcumin, a substance in turmeric) seems to reduce inflammation, and it is suggested that it may ease symptoms of osteoarthritis and rheumatoid arthritis, especially pain and inflammation.

In some lab tests, curcumin blocks the growth of certain kinds of tumors, one study in particular showed that turmeric extract (containing curcumin) can stabilize colorectal cancer.

Other health conditions that seem to be helped by curcumin/turmeric are some types of lung damage, skin diseases, Alzheimer's, heart failure, colitis, stomach ulcers, and high cholesterol, as well as, upset stomach, scabies, diabetes, HIV, uveitis, and viral infections.



Can turmeric be found in food?

Turmeric is a spice and is a common ingredient in Indian cooking. The spice, along with the supplement, comes from the rhizomes (underground stems) of the turmeric plant. Please remember that most of the above conditions were treated and results found during laboratory research. Please make sure to discuss any addition to your supplement regimen with your physician.

Turmeric Curcumin can be found in the Riordan Clinic Supplement Store, and during the month of February, you'll receive a 15% savings on your purchase.

Source: herbwisdom.com

Vitamin Special **15%** off

Supplements for Arthritis

TOPICAL



ArthroGenX Crème 2 oz
Reg \$22.10
SALE \$18.79



Magnesium Oil 8oz
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SALE \$20.95



MSM Cream (Cetyl Myristoleate Cream) 4oz
Reg \$18.38
SALE \$15.62



MSM 500mg Caps
Reg \$39.01
SALE \$33.16



MSM Plus 1000mg Tabs
Reg \$25.50
SALE \$21.68



MSM 7oz Crystals
Reg \$23.52
SALE \$19.99

ORAL



ArthroGenX Caps
Reg \$34.85
SALE \$29.62



Hyaluronic Acid
Reg \$30.86
SALE \$26.23



Magnesium Chelate
Reg \$11.82
SALE \$10.05



MSM 2lb Crystals
Reg \$57.70
SALE \$49.05



Pain X
Reg \$35.70
SALE \$30.35



Turmeric Curcumin
Reg \$13.18
SALE \$11.20

It is important to know the purpose of your supplements. Before starting any supplement regimen consult your physician.
This offer is valid February 1-28, 2013



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Natural Arthritis Relief

by Laurie S. Donnell, Holistic Health Practitioner and Master Herbalist

There are numerous herbs being utilized to address and relieve arthritis pain. After extensive research on the subject of natural arthritis remedies, the following arthritis formula was developed with the intention of pain relief and increased circulation to the affected areas. Below is a recipe to make your own Arthritis Balm and the specific healing action of each herb.

Cayenne pepper used externally is a rubefacient for lumbago as well as rheumatic pains and increases local circulation in the affected area. This pungent herb contains Capsicum. When applied topically, it helps relieve pain by depleting local supplies of a neurotransmitter, "substance P," a pain transmitter from the nerves in the skin to the spinal cord. This herb is helpful in pain relief in arthritis, making this a prime ingredient and very useful in addressing arthritic pain symptoms.

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. Useful as scalp and massage oil, as an ingredient in other formulas and even in cooking!

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 a stimulator of peripheral circulation and helps to preserve food.

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

Lemon oil is an essential oil used to reduce anxiety, depression and increase concentration and memory power. I used this to enhance the aroma of the balm and assist in a "winding down" to ease into sleep.

Solid vegetable oil is a sterile medium that hardens at room temperature excellent for salve preparations.

Beeswax's fine texture, nice aroma, and golden hue make it an excellent thickening ingredient for salves.



Formula for Arthritis Balm:

3 Parts Ginger (dried/ground)
3 Parts Cayenne (dried/ground)
6 Parts Solid Vegetable Oil
200 drops Lavender Oil
100 drops Lemon Oil
4 Parts Rosemary Oil *
2 Parts Beeswax
*(1 Part = 1 TBS in this formula)

Process: To make a salve from dried ground herbs with an aromatic volatile oil finish: In a double boiler, melt the vegetable oil to begin the infusion process.

Add the dry herbs and simmer, covered 3–6 hrs with a 140-degree maximum temperature. Stir occasionally. Strain into a glass bowl, press until the oil is expressed completely; discard the marc. Stir in the rosemary oil, lavender oil, and lemon oil, then shave beeswax over the double boiler until it reaches your desired firmness. Remove from double boiler and quickly stir them into the balm, as the essential oils evaporate rapidly. Pour into an amber glass and store in a cool place.

Application: The Arthritis Balm is to be applied nightly to the hands or any arthritic area with a 10-minute massage followed by hot damp cloth cover. For external use only.

Sources

The Herbal Medicine Maker's Handbook by James Green
Medical Herbalism by David Hoffmann, FNIMH, AHG
The Health Secrets of Plants and Herbs by Maurice Messegue
General Study Material and Online Student forum of GCNM

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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:

• Garvey Kansas Foundation, Wichita, KS—In memory of Willard W. Garvey & Olive W. Garvey and Dr. Hugh D. Riordan and to honor Dr. Ron Hunninghake and colleagues

• Pete Ferrell, Beaumont, KS

• Mr. & Mrs. Rex Phillips, Chanute, KS

• Dr. Charles Hinshaw, Jr., Wichita, KS

• George & Lucille Borushko, Pavillion, WY

• Carol Hedrick, Pella, IA

• Linda Zoe Miner, Lyons, KS—for research

• Elizabeth Marietta, Salina, KS —In memory of Bob and Betty Marietta

• Brenda H. Canedy, PhD, Minneapolis, MN—for research

• Roy & Martha Gillett, Oklahoma City, OK

• Stan Churchill, Wichita, KS

• Ethne Barnes, Tucson, AZ

• Marlene Niemann, Albuquerque, NM

• Cheryl Conwell, Wichita, KS

• The Kansas Motor Carriers Association, GoWichita Convention and Visitor's Bureau and Crestcom International for event/meeting space rental

• Our patients and co-learners who spread the good word about the clinic:

• "I tell everybody—EVERYBODY —about the Riordan Clinic. I am totally sold on what is being done there. I went there and their way of treating people is to get to the bottom of what caused the problem in the first place."

—J.V., Aurora, CO

RIORDAN CLINIC RESEARCH INSTITUTE



In December 2012, the Riordan Clinic Research Institute, led by Dr. Nina Mikirova, published a study in the Journal of Modern Research in Inflammation concerning the effects of intravenous vitamin C on rheumatoid arthritis (RA).

The article, titled, "Effect of high-dose intravenous ascorbic acid on the level of inflammation in patients with rheumatoid arthritis," focuses on research based on the properties of ascorbic acid to reduce oxidative stress, decrease production of pro-inflammatory cytokines, and suppress the activation of pro-inflammatory nuclear factors. The rheumatoid arthritis patients in this study were characterized by moderate to high levels of the inflammation marker CRP accompanying moderate to severe discomfort levels.

The IVC therapy with dosages of 7.5 g-50 g reduced inflammation, as measured by C-reactive protein (CRP) levels, on average by 44 %. As chronic inflammation underlies the pathology of rheumatoid arthritis, the

decreasing of inflammation and oxidative stress provide protection for regenerating cartilage within the joint.

Based on this pilot study, the researchers hypothesized that IVC therapy can be a useful strategy in treating RA.

In January 2013, this research was also referenced in Nutraceuticals World Now Magazine in an article entitled, "Vitamin C Proves Promising for Rheumatoid Arthritis: Riordan Clinic scientists find high dose of intravenous vitamin C eases the pain and inflammation associated with the major inflammatory joint disease."

The article can be read in its entirety on the magazine's website at http://www.nutraceuticalsworld.com/contents/view_online-exclusives/2013-01-17/vitamin-c-proves-promising-for-rheumatoid-arthritis/.



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 and 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 or call 316-682-3100.

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



Invest in the Vision

Opportunities for Substantial Gifts

Nutrition-based medicine is a solution for true health and wellness, and the Riordan Clinic has taken a leadership role in research, education and clinical services. The following are two ways you can make a substantial gift to the Riordan Clinic. You will receive tax incentives while investing in the growing field of nutritional medicine.

- **Bequest through a Will:** One of the simplest ways to support the continued work of the Riordan Clinic is through your estate, and you do not surrender ownership of the gift during your lifetime. You can make a gift bequest after others have been provided for. You may designate a dollar amount, specific property, a percentage of the estate, or whatever is left (remainder).
- **Gift of Life Insurance:** Another way to make a significant gift is to name the Riordan Clinic as the beneficiary to receive all or a portion of the proceeds of an existing life insurance policy. You will receive a tax deduction in the year of the gift, generally close to the cash surrender value of the policy.

To learn more about these charitable giving options, please contact Paula Smith at the Riordan Clinic: 682-3100 or at psmith@riordanclinic.org.



Lunch & Lecture Series 2013

Managing Arthritis Pain

Presenters:



Dr. Ron Hunninghake



Dr. Jennifer Kaumeyer



Dr. Charles Hinshaw



Dr. Anne Zauderer

Date: Thursday, February 14, 2013

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

Cost: \$10—Lunch is included.

Do you wake up in the morning with stiff, achy joints? Does arthritis run in your family? This chronic condition, affecting almost 1/4 of the adults in the United States, can be very debilitating and a source of great discomfort. Come and hear all four of our Riordan Clinic doctors, each with unique background, discuss the connection between your arthritis symptoms and the balance of inflammation within your body. They will provide you with healthy solutions, including nutrition and supplements, improving your biomechanics with chiropractic care, lifestyle changes, and therapies offered right here at the Riordan clinic to ease the aches and the immobility that arthritis can cause.

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

