



Health Hunters Newsletter

A service of the Riordan Clinic, cofounded in 1975 by Olive W. Garvey and Hugh D. Riordan.
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Go Organic!

by Jennifer Kaumeyer, ND

The best start to creating a healthier and happier life is to commit to healthy eating. Making changes in our eating habits can be difficult for some individuals at least in the beginning. The decision to improve our eating habits can be the most rewarding decision, producing benefits in all aspects of our lives—physically, mentally, emotionally, socially, spiritually, and sexually. Healthy eating goes beyond eating more fruits, vegetables, good fats, and 100% whole unprocessed grains.



We also need to consider how foods are grown/raised, processed, preserved, packaged, and sustained. Organic foods have become very popular and the demand has been increasing steadily. What does organic mean? What are the benefits of organic foods? Why are there so many different organic labels?

What does organic mean?

Organic refers to the way a product has been grown or raised. Farmers are not allowed to use synthetic pesticides or genetically modify foods. Organic livestock may not be given antibiotics, growth hormones or any animal-byproducts. They can only be fed organic feed and must have access to the outdoors.

What are the benefits of organic foods?

1. Organic foods contain fewer pesticides. These are chemicals that kill fungi/molds, weeds, and insects. The residues of these chemicals remain on and in the food we eat. Children and fetuses are the most vulnerable to pesticide residues because of their actively developing brains and bodies. Exposure to these chemicals, at an early age, can lead to developmental delays as well as behavioral and muscle dysfunctions.

Pregnant women are the next most vulnerable as their organs are already highly taxed by the developing baby. Pesticides are also passed to the fetus via the placenta and through breast milk. Damage to the nervous system due to exposure during pregnancy and breast feeding may not be evident until late childhood. The main

point that needs to be made is that these pesticides do not cause an immediate health problem. It is the build-up in our bodies that leads to significant health conditions, especially a weakened immune system. Exposure to these chemicals has been linked to autoimmune diseases, migraine headaches, endometriosis, infertility and cancer.



Go Organic continues on page 2...



Letter from the Editor:

by Amanda Hawkinson

Over the last few decades, there has been a great debate regarding organic vs. non-organic foods. We have all heard the litany of reasons that we should not eat non-organic foods. Although research has been done and a multitude of articles have been published, many people do not understand what all the "hubbub" is about.

This issue of the *Health Hunters Newsletter* gets to the root of the issue by discussing whether organic foods really are better for you. Learn more about why you should "Go Organic" and about the health benefits of indulging in raw, organic chocolate.

Don't forget to join us on March 1st for a Lunch & Lecture with Dr. Ron Hunninghake and special guest, Matt Murray. Also March 19th-24th 2012 is our bi-annual Check Your Health lab event, where participants receive **45% off of lab tests** and **25% off all supplements** in our Supplement Store.

Thank you avid readers for your love and support.

Amanda Hawkinson
Editor

newseditor@riordanclinic.org

Don't forget to "Like" us on
Facebook

Go Organic! continued from page 1...

2. Organic food is often fresher, and it often tastes better. It is believed that organic food will have more nutrients at the time of consumption. This is mainly due to the fact that as food sits, the nutrients gradually decline. The use of preservatives allow a food to last longer, therefore, the food is often eaten long after the nutrient value has already significantly decreased. There is a lot more research that needs to be done in this particular area of organic foods.



3. Organic farming is better for the environment. Organic farming produces less pollution to our air, water and soil, conserves water, reduces soil erosion, increases soil fertility, and uses less energy. Organic farming is better for birds and small animals because chemical pesticides often can decrease their fertility and even kill them. Lastly, it is best for the health of those who harvest the crops.

4. Organically raised animals are NOT given antibiotics, growth hormones, and they are not fed animal byproducts.

The use of antibiotics in conventional meat products is one of the causes of antibiotic resistance in bacteria such as MRSA. This means that if someone got sick with antibiotic resistant bacteria, antibiotics would not help them. This could be critical because, more than likely, their immune system is already weakened due to chronic ingestion of pesticides, chemicals, and low nutrient/processed foods.

Organically raised animals are often healthier than conventionally raised animals. You do not want to eat a diseased animal! For instance, there is a high rate of mastitis (inflammation of the mammary glands) in conventionally raised dairy cows. This leads to excess "pus" in your milk. This will cause more digestive problems and allergies. This is why we suggest buying organic milk.

What do the different labels mean?

Reading labels can be very confusing and misleading for the average shopper. When you are shopping for organic foods, look for the "USDA Organic" seal. These are the foods that are 95-100% organic. The most important point to understand is that "natural" does not equal "organic." "Natural" is actually a term frequently used but is completely unregulated, and any company can use it to label any product. This is a prime example of how deceiving marketing techniques can be. The following is a list of labels you may see with the accurate definition.



100% Organic

Every ingredient in that food product is organic. May display the USDA seal.

Organic

Product contains at least 95% organic ingredients. May display the USDA seal.

Made with Organic Ingredients

Product contains at least 70% organic ingredients. Will not display the USDA seal.

Contains Organic Ingredients

Product contains less than 70% organic ingredients. Will not display the USDA seal.

Specific MEAT and DAIRY Labels:

1. Natural or "minimally processed" —Foods cannot contain any artificial flavors, preservatives or other artificial ingredients. Animals can still be given antibiotics or growth enhancers. *Ex. This is seen on all raw cuts of beef because they are not processed.*

Go Organic! continues on page 3...

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Bio-Center Laboratory at the Riordan Clinic Lab Test Highlight: Cytotoxic Food Sensitivity Testing

Based on results from a cytotoxic blood test, doctors at the Riordan Clinic provide a comprehensive assessment of your food sensitivities and provide a therapeutic prescription for dealing with the results. A limited number of clinics in the world specialize in cytotoxic testing—the Riordan Clinic is one such facility.

Cytotoxic testing is a blood based test analyzed by our on-site laboratory. The test screens your blood for sensitivity based on a panel of up to 180 different foods, beverages and food-preservatives. People that benefit from cytotoxic testing and food sensitivity counseling, generally complain of the following symptoms: headache, fatigue, joint-muscle pain, gas, bloating, diarrhea and irritable bowel syndrome.

Patients often deal with unpleasant symptoms for years without a diagnosis. Cytotoxic testing, combined with food sensitivity counseling, has yielded life changing results in many patients. If you have experienced some of the symptoms listed above, a simple blood test may lead to an answer.

The test is done fasting, and it takes just minutes for one of our highly skilled phlebotomists to draw your blood. The analysis is performed at our on-site laboratory by a highly trained technician with over 25 years experience performing this test. If food sensitivities could be interfering with your overall health and well-being, please contact the Riordan Clinic today at **316-682-3100** or visit our website **www.riordanclinic.org**.

Cost: \$600
(no discounts available)

Go Organic! continued from page 2...

2. Grass fed—The animals are fed solely on grass or hay and have access to the outdoors. The animals are much higher in the healthy omega 3 fatty acids than grain fed animals. Grain fed animals produce more saturated fats. Make sure the product is “grass finished” as well. Often times, the animals may be grass fed but the last month before slaughter will then be “beefed” up with grains. This totally displaces the healthy omega 3s with saturated fats.



3. Free Range—The animals were not confined to a cage and had some access to the outdoors. In many cases, animals that receive only an hour a day outside a cage can be considered “free range.” You will have to contact the producer directly to get complete clarification.



4. No hormones added—The animal is raised without the use of added growth hormones. This term is helpful for beef and dairy products. However, please be aware that by law poultry and pigs cannot be given any hormones, so don't pay extra for chicken or pork that use this label. “No hormones added” on chicken is a marketing ploy only.

An important note to make is that simply because the food product does not have the “Certified Organic” label does not mean the food has not been grown/raised organically. The certification process is a very rigorous and expensive process. Many independent farmers choose not to go through this process, mainly because they lack sufficient funds. Therefore, when shopping at a farmer's market do not hesitate to ask the vendors how their food was grown.



Why does organic cost more?

The truth is that organic food doesn't always cost more. Some items, such as coffee, cereal, bread, and even hamburger, can cost the same or even less than their conventional counterparts. As an added perk, as the demand for organic produce continues to grow, the cost will continue to decrease. When shopping and you see that the cost is higher, consider these facts:

- Organic farmers don't receive federal subsidies like conventional farmers do. Because of this, the price of organic food mirrors the true cost of growing.
- The price of conventional food does not reflect the actual cost of environmental cleanup that we pay for with our tax dollars.
- Organic farming is more labor intensive and management intensive.
- Organic farms are usually smaller than conventional farms and therefore do not benefit from the economies of scale that are available to larger growers.

The reason we at the Riordan Clinic recommend organic ingredients is simple: we want our patients to indulge in delicious food that is better for them and for the environment. Before making the decision to go organic, do some research. Find out where there are farmer's markets in your area as well as organic farms. Also, visit **www.organic.org** for more information on the benefits of using organic food.

HCG Rx+ Success

Healthy Lifestyle Changes—
Change Lives

by Meg Fuson, RN, BSN, Nurse Educator

Changes towards a healthier lifestyle should include a committed change to healthy eating. Teresa had reached a turning point in her life that created a life changing commitment. She had entered perimenopause, and her weight was continuing to escalate out of control. In April of 2010, her weight had uncontrollably peaked at 172 pounds. As a woman of five foot two inch stature, this was a point of obesity she thought she would never see. In a state of depression and desperation, she made the decision to begin a weight loss journey that would completely change her life.

At first, she was determined to lose the weight on her own, researching countless weight loss programs to learn what would be the best choice for her. She concluded that the amount of weight she needed to lose would require a structured program—something she herself could not do alone. After many hours of research, she came to learn about the HCG Rx+ weight loss program that is offered at the Riordan Clinic. She scheduled her first appointment with the clinic, spoke with the nurse educator, and together they methodically plotted out her plan on a daily basis. The day was set to begin, and through preparation and determination, she was on her way to a new life.

She diligently tracked her weight loss and inches lost by graphing her progress daily. Progressing slowly and steadily as each day went by, the pounds lost began to add up. As each week went by and her total size and weight continued to decrease, she became more determined to reach her weight loss goal. She took control of herself and her life and transformed herself to her vision.

Most people experience times in their lives when they develop eating habits that are not healthy. We begin to live those bad habits daily, never quite

And the “Health Is...” Contest Winners Are...

In November 2011, we invited USD 259 Wichita Public School 5th graders to take part in the Health Is... essay writing contest to promote enhanced health awareness in schools. Each student was asked to write an essay describing what health meant to them. Each essay was judged on originality, clarity, motivational impact, and emphasis on health (not disease). We received 117 entries from 16 area schools. Our judges could tell the students worked hard on their essays, and they enjoyed reading all that the 5th graders had to offer. Prizes totaling \$1,700 were awarded to the top three entries and their supervising teachers.

1st Prize: Jack Setser, Ms. Christie Gough at Riverside Leadership Magnet Elementary

2nd Prize: Tiffany Stanton, Mrs. Sharon Goodwin at Benton Elementary

3rd Prize: Stephanie Waltermire, Ms. Linda Murphy at Woodland Health and Wellness Magnet Elementary

Thank you to everyone who participated.
Enjoy the 1st prize essay written by Jack Setser.

My Health is...

by Jack Setser

As I run around the soccer field, I start to think how important my health is to my spectacular life. Physical health helps me finish a race. It helps me in my life when I need to do a pushup test in P.E. I rest for a good day of fitness.

How I feel about myself helps me learn things in school and everywhere. The way I feel is very important to my health. I need to respect myself by smiling and having fun.

Friendships are important to my health. Working with others makes me feel good. I know I have helped them in some ways and they have helped me too.

Nutrition is important to my health. I eat baby carrots each day in my lunch. It's important not to skip meals. I need to remember to eat healthy and I just might live longer.

Exercising, respecting myself, friendships, and nutrition all help me stay healthy.



understanding how to change them. With the help of the nurse educator, Teresa was continuously educated about good food choices. She learned that organic foods and fresh vegetables were readily accessible in most grocery stores. She developed the healthy habit of choosing colorful fruits and vegetables. She had come to love and crave these good foods on a daily basis. Through nutritional testing at the Riordan Clinic, she also learned what vitamin supplements her body was deficient in and began to supplement every day to reach her optimum health.

Slowly as time went by, she watched her weight decrease and her energy level increase. Her family also saw a very positive change in her. As her weight loss journey unfolded, her entire life changed. She was appreciated more by her family because of her tenacity and determination as they saw her transform before them. The emotional aspect that took place during her journey allowed her to become closer to family and friends, and with their love and support, she was able to reach her weight loss goal.

She learned how her body responded to various foods. She learned to make healthy food choices daily that included eating fresh fruits, vegetables, and low fat protein. She came to understand how important exercise, water, and nutritional supplements are. She developed a healthy lifestyle balance that has allowed her to reach her weight loss goal and maintain that loss to this day.

Currently, she has lost a total of 55 pounds. She has lost a total of 12.5 inches from her waist and a total of 6 ¾ inches from her hips. To this day, Teresa states, "I actually weigh a little less now and have gone down (another) jean size. Wow! I'm so happy. I am so thankful for this program, Dr. Ron, and I am thankful for you."

This patient is a great example of the weight loss success that awaits you with the Riordan Clinic HCG Rx+ weight loss program. Go to www.riordanclinic.org for additional information. If you are ready to improve your health and well-being, call **316-682-3100** to get started today!

Know Your Nutrients: Organic Chocolate

by Amanda Hawkinson

Did you know that chocolate is a healthy super food and that it is full of antioxidants? Not only does chocolate benefit your heart, it also helps to increase alertness and to improve mood—all with very little caffeine. However, not all chocolate is created equal, and to actually get the health benefits, you have to choose the right chocolate. This means your chocolate should be pure, 100% organically grown, and minimally processed.



Chocolate is Rich in Nutrients

Many people do not know that in its natural state, chocolate is overflowing with antioxidants to fight free radicals. Chocolate contains more antioxidants than fruit, vegetables, tea or wine. Chocolate provides micronutrients, like zinc, magnesium, potassium and iron.

DARK Chocolate Can Lower Blood Pressure

Another perk for those who love to indulge in chocolate is that it aids in relaxation of blood vessels, so blood can travel where it needs to. However, this pertains only to dark chocolate, not white chocolate.

Chocolate Provides Heart Protection

Several research studies have indicated that flavonol-rich cocoa and chocolate has an effect on promoting healthy blood flow that is similar to the effect aspirin has. It reduces the blood's ability to clot and reduces the risk of stroke and heart attacks.



Dark Chocolate & Its Antioxidants

A study done by Cornell University food scientists showed that cocoa has almost twice the antioxidants of red wine and up to three times the levels found in green tea. Antioxidants inhibit oxidation (chemical reactions that involve oxygen and peroxides) and help protect the body from the effects of free radicals.

Note: Raw, organic cocoa and chocolate only offer the health benefits listed above because normal processing of chocolate reduces flavanoids.

Vitamin Special 15% Off



Kind Bars
reg \$1.95
Sale \$1.66



Larabars
reg \$1.84
Sale \$1.56



**Divine
chocolate bars**
reg. \$1.94
Sale \$1.65



**Organic
Chocolove bars**
reg. \$2.93
Sale \$2.49



**Organic
73 % Dark
Chocolove bars**
reg 3.41
Sale \$2.90



Ground Flax
reg 17.34
Sale \$14.74

**...Or wait for our annual
Check Your Health Event
and receive 25% off
of everything in our
Supplement Store!**



Check Your Health

Monday, March 19 – Saturday, March 24



How Healthy Are You?

It's time again for our semi-annual Check Your Health event! Schedule your testing to be performed during this event and **save 45%** on test panel pricing.

- Select a panel that addresses your specific health concerns—12 panels to choose from
- Tests assess your individual nutrient status
- Use the results to address specific nutrient needs via food choices and supplementation
- No doctor's order required
- If you cannot travel to our event, we can send you a collection kit
- Go to **www.riordanclinic.org** for detailed information and pricing

Don't wait until a chronic illness develops. Act now while information about prevention can make a difference!



Dates: Monday 3/19 – Saturday 3/24

Call 316-684-7784 or 1-800-494-7785 to schedule your appointment.



Semi-Annual SUPPLEMENT SALE!

SAVE 25%

**ON ALL SUPPLEMENTS
March 19–March 24**

- Physician approved
- Pharmaceutical grade
- High-quality
- Stock up!

On-line Coupon Code

CYH312

Coupon code must be used to receive on-line discount.
Not valid with any other offer.
Expires 3/24/2012



SUPPLEMENT STORE SALE HOURS:

Mon–Fri 8 a.m.–4 p.m. | Saturday 8 a.m.–11 a.m.

1.800.447.7276 or 316-682-3100

www.riordanclinic.org

Patient Profile

by Vicki Ross, RN

In November 2011, a patient came to us seeking alternative treatment for her complaints, which included headaches, poor memory, muscle spasms, and leg cramps. She had tried many other treatment plans, but they had failed. The patient was found to have a poor dietary intake that consisted of sunflower seeds, popcorn, diet soda, and coffee. Laboratory values were also low, especially in calcium, in vitamins A, C, D, and in B complex vitamins. The patient received intravenous doses of vitamin C and certain B complex vitamins. She also received injections of B vitamins. Supplements were also recommended, and these included B complex vitamins, vitamin D3, and some omega 3 and omega 6 fatty acids. A follow up appointment was made to discuss healthy eating habits with the patient. This would include three healthy meals per day. These meals included vegetables, legumes, fruits, lean meats, whole grain breads, pasta, nuts and water.

Within one month, the patient stated that she felt a lot better. She was no longer tired, and her headaches had improved. She noticed less congestion, and her energy had improved greatly. The patient was very pleased with her results. Everyone at the Clinic was excited to see such a tremendous improvement.

A healthy diet allows the body to receive the proper nutrients to function well, and it gives the person energy and vitality. What a person eats is one of the most important things they can do to live a healthy life style and prevent illness and disease. For many years, poor diet has been known to play a key role in chronic diseases. Some of these diseases include adult-onset diabetes, heart trouble, high blood pressure, high cholesterol, osteoporosis, cancers and strokes. The benefits of eating healthy are clear. They include increased energy, healthy body weight, and a lower risk of disease. Eating healthy prevents a life filled with chronic disease and early death. In addition, eating healthy contributes to an overall sense of well-being.

The patient discussed in this article is a great example of how eating a healthy diet can help your overall health. The Riordan Clinic emphasizes treating the whole person. Call 316-682-3100 to get started today on a healthier YOU!

Eating Organically... Tips From the Nurse

by Vicki Ross, RN

This month's patient profile discusses the importance of eating a healthy, balanced diet. Another thing that you can do to help with your overall health is to eat organic foods. There are several compelling reasons for eating organic foods and using them whenever you can. Eating organic foods gives an added value to a healthy and balanced diet. Often, the flavor is much better. Good, organic, fresh fruits and vegetables are juicy and full-flavored, and once you've experienced the sweet intensity of fresh, organic foods, non-organic food seems insipid and bland. Of course, there are no guarantees. Not every organic item will give you a burst of flavorful pleasure, but if you shop carefully, buy only the freshest foods, and seek out quality, you will not be disappointed.



One of the greatest advantages of organic foods is that pesticides are not used to produce them. Non-organic fruit and vegetables are covered in pesticides and although washing your fruits and vegetables may help to reduce the amount that you consume, it is impossible to remove all pesticides from non-organic produce. Pesticide residues turn up, not just on fruit and vegetables but in bread, baby food and other products. The government claims that there are no health risks from these pesticide traces, but would you not rather feed yourself and your family foods that are pesticide free?



Perhaps one of the prime advantages of organic food is that it is pure food. Nothing more. Nothing less. Forget hydrogenated fats, artificial colors, flavors, sweeteners, preservatives—none of the additives lurking in processed and fast food are permitted in organic foods. There are no residual antibiotics, growth hormones or BSE in organic meat,

and no pesticides in organic milk. If you want a diet based on natural food that has not been tampered with—think organic. Organic food can be more nutritious, richer in vitamins, minerals and essential fatty acids than non-organic. And do not forget the feel-good factor. One of the greatest advantages of organic foods is that buying and eating them is a real, guilt-free pleasure. Do not feel that you must buy organic everything. Even switching to a few organic regulars makes a difference. Try organic milk, cheese, pasta, chicken, and bananas. Take it slowly. Pick up one or two organic items every time you shop. Try different brands, and once a week, buy something new to try. You'll soon find your favorites.

Bananas: The Super Food Within Everyone's Grasp

By: Laurie Roth-Donnell
Master Herbalist and Holistic Health Practitioner

Bananas are a perennial herb and their fruit is considered a berry. A bunch of bananas is referred to as a hand. A single banana is a finger. This naturally encased yellow fruit is creamy, rich, and sweet, making it a favorite food of young and old alike. Sports enthusiasts value the potassium-power this yellow gem delivers and this astounding super food is readily available throughout the United States.

Bananas contain vitamins A, B, C, E, and G, potassium, aluminum, sodium chloride, natural salt, acetic acid, Dolomite (calcium and magnesium), phosphorus, and

selenium. Potassium, an essential mineral, assists the body in maintaining healthy blood pressure and heart function. The average banana contains 467 mg of potassium and only 1 mg of sodium. A banana a day may help to stabilize high blood pressure and protect against atherosclerosis. Potassium also plays a vital role in balancing electrolytes that elevate mood and energy levels. Bananas contain tryptophan, serotonin, and norepinephrine, which have been shown to lift depression and elevate feelings of well-being and relaxation. The naturally occurring vitamin B6 relieves sleeplessness, mood swings, and irritability. Bananas support good vision and practitioners in Nigeria combine banana with Orinol (an African herb) to treat cataracts and macular degeneration with noted success. A study published in the Archives of Ophthalmology in 2004 found people who eat three servings of fruit per day are less likely to develop age-related vision problems. Other vision superstars are foods high in Omega 3 and 6 fatty acids, cranberries, bilberries, grapes, and carrots.

The digestive tract and bones benefit from the bananas' fructooligosaccharide, a prebiotic that encourages the development of natural probiotics (friendly digestive bacteria). Fructooligosaccharides ferment in the digestive tract and enhance the body's ability to absorb calcium, resulting in the fortification of bone strength. Bananas can improve your overall digestion by suppressing acid production in the digestive tract and by relieving heartburn. Bananas contain protease inhibitors, which eliminate the bacteria in the stomach that have been pinpointed as the primary cause of stomach ulcers.

The highly soluble fiber pectin assists in overall digestion and the elimination process; the hydrocolloid eases constipation. Bananas contain resistant starch (dependant on the degree of ripeness). Less ripe bananas score as low as 30 on the glycemic index (below 50 is considered low). In riper bananas, the score typically rises above 60. Research conducted at the University of Innsbruck in Austria suggests that as fully ripened fruit (almost to the point of spoilage), antioxidant levels actually increase.

A study of 57 males infants (5–12 months old) with persistent diarrhea was published in Digestive Diseases and Sciences. In this study, bananas had a positive impact on overall nutrient absorption. The boys were split into three test groups and were administered a week long treatment of a rice-based diet containing either green banana, apple pectin or the rice alone. Treatment with both green banana and apple pectin resulted in a 50% reduction in stool weights, indicating that the babies were absorbing significantly more nutrients before eliminating the food.



Banana is used as a natural remedy for many diseases including asthma, hypertension, ulcer, cancer, diarrhea, constipation, and cataracts, especially when combined with other herbs. Think twice about tossing out the peel. The inner peel applied topically will naturally dry skin blemishes and psoriasis by simply rubbing the peel on the affected area. Take the bite out of poison ivy by rubbing the inside peel on the affected area. The itching should stop and the inflammation should be reduced. The banana has been used to permanently remove warts. Simply tape a section of inner peel on the wart overnight for several weeks. The wart should disappear.

Be creative with this succulent berry. Try ending your next BBQ by tossing whole bananas on the grill until heated, slice open and garnish with slivered dark chocolate and chopped nuts. It is not only good, it is good for you!

Sources:

The World's Healthiest Foods by: George Mateljan
<http://www.naturaleyecare.com>
<http://www.natureabove.com>
<http://www.DonnellsHealingGarden.com>

Always consult your primary care physician before embarking on any new health regime.

Riordan Clinic Research Institute

The Riordan Clinic Research Institute believes in the relationship between food and health. Various studies on the benefit of food sensitivities have been conducted. To view all of these articles please visit www.riordanclinic.org.

Two of our Most Recent Articles:

Hidden Food Sensitivities: A Common Cause of Many Illnesses

A Tired, Achy, Depressed High School Senior



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:
 - Inez Waln
 - Charles & Nancy McBride
 - Gerald Sullivan
 - Dr. Aleksandra Pavlovic— "I can see your Clinic now has [Dr. Riordan's] name and I'm very proud that I was also once a member of his distinguished faculty team."
- United Church of God and Crestcom International for event/meeting space rental
- Wichita Business Journal for the honor of being named one of 2012's Healthiest Employers



Lunch & Lecture Series 2012

Are Organic Foods Healthier for You?



Dr. Ron Hunninghake

Presenter: Ron Hunninghake, M.D.

Date: Thursday, March 1, 2012

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

Cost: \$10—Lunch is included.

What does "organic" mean?

What is the difference between "organic" and "natural"?

How do I know if something is organic?

Is organic food more nutritious for you than conventional food?

This topic can be confusing with so many different kinds of labels we see on our food. We all want to make the best food choices we can for ourselves and our family. Dr. Ron and special guest, Matt Murray from Green Acres Market, will discuss the above questions and more. Plus, you will have the opportunity to ask your own questions to finally get the answers you have been looking for about organic foods.

Join us and learn more about this important topic.

If you are unable to attend in person, check out this lecture on live webcast or look for it on our website in the archived lectures towards the end of March at www.riordanclinic.org.

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

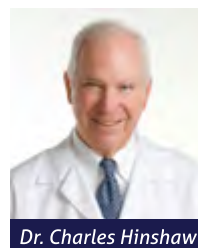


Ask the Doctors: Finding the Missing Components to Your Health

Presenters:



Dr. Ron Hunninghake



Dr. Charles Hinshaw



Dr. Jennifer Kaumeyer

Thursday, March 15, 2012

12:00 pm to 1:00 pm* and 6:00 pm to 7:00 pm**

Cost: FREE

Don't be left in the dark about your health status—CHECK YOUR HEALTH. This is your chance to ask all three of our doctors questions about how our specialized nutrient testing can benefit you.

- The 36 year Riordan Clinic history is built on nutrient testing to measure your individual biochemical status.
- Mainstream medicine does not normally test for vitamin, mineral and other nutrient deficiencies.
- Nutrient deficiencies have been shown to suppress immune system function, which leads to chronic disease.
- People with degenerative diseases can still receive benefits from our nutritional panels. By increasing nutrients to optimal levels, a better response to treatment may occur.
- Results from our exclusive test panels provide a guide to supplementation and diet.

*Lunch is not included during the 12–1pm session. Please feel free to bring your own lunch.

**Light snacks will be provided in the evening lecture.

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



The Nutrition Reporter™

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The independent newsletter that reports vitamin, mineral, and food therapies

Supplemental Resveratrol Improves Blood Sugar and Insulin in Diabetics

A new study has found that relatively low supplemental doses of resveratrol, an antioxidant found in red wine, can lead to improvements in insulin function and glucose tolerance.

Resveratrol (pronounced *res-vair-uh-traul*) has attracted considerable attention over the past several years because it activates the Sirt1 gene, which increases longevity in some species. However, a beneficial dose of resveratrol has not been clear – some studies have found that about 350 mg daily can have a beneficial effect, whereas other research points to many times this amount.

Istvan Wittman, MD, PhD, of the University of Pécs, Hungary, and his colleagues enrolled 19 middle-age men with type 2 diabetes in a double-blind study. Ten of the men received 5 mg of resveratrol twice daily, and nine were given placebos for four weeks. By the end of the study, men taking the resveratrol supplements had significant improvements in glucose control, compared with their status at the beginning of the study and those who had been taking placebos.

First, men taking resveratrol benefited from slower post-meal increases in blood sugar – what the Wittman and his colleagues called the time to maximum glucose levels.

Second, men taking resveratrol had a decrease in insulin resistance, another sign of improved glucose tolerance. Wittman used a test known as HOMA-IR (homeostasis model assessment for insulin resistance), which calculates glucose tolerance based on the combined measurement of fasting glucose and fasting insulin. Resveratrol supplements led to a 1.5 point decrease in HOMA-IR. In contrast, men taking placebos had a slight increase in HOMA-IR.

Third, an analysis of platelet blood cells from the subjects found that resveratrol led to an increase in phosphorylated protein kinase B, which plays an important role in normal insulin function and helps cells use blood sugar.

Previous animal research at Harvard University found that supplemental resveratrol protected mice against developing type 2 diabetes. In a small unpublished drug company study, resveratrol supplements reduced fasting blood sugar levels and improved insulin function in men with type 2 diabetes.

Most resveratrol supplements now come from Japanese knotweed (*Polygonum cuspidatum*), a particularly rich source of the antioxidant.

Reference: Brasnyo P, Molnar GA, Mohas M, et al. Resveratrol improves insulin sensitivity, reduces oxidative stress and activates the Akt pathway in type 2 diabetic patients. *British Journal of Nutrition*, 2011: doi 10.1017/S0007114511000316. □

Perspectives

Artificial Colors and Children

In the 1970s, Benjamin Feingold, MD, made the argument that artificial food colors caused or exacerbated attention-deficient hyperactivity disorder (ADHD) in children. His work helped many children, but subsequent scientifically controlled studies yielded conflicting results.

Recently, the Food and Drug Administration decided to again review the evidence linking artificial colors and other synthetic food additives to mood, cognitive, and behavior changes in children. Maybe this time the FDA will conclude that a link exists. I won't hold my breath.

Sometimes scientific reductionism has its limitations – reductionism is a process of seeing the trees, but not the forest. In this case, the health hazard may not just be the artificial colors and other food additives, which contribute to food appearance but not to its nutritional value.

The question I raise is about what else is in – or not in – the foods along with artificial additives. Nearly all of the foods containing these additives are highly processed junk foods, such as candies, soft

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drinks, cereals, cookies, and cakes. They're mostly sugars and refined carbohydrates (typically wheat), and they often contain trans fats. These fake foods contribute to blood-sugar problems, which in turn can set the stage for poorer brain function. These foods are almost always low in vitamins and minerals – and adding a few vitamins to sugary, processed wheat or corn flakes doesn't count as good nutrition.

So it's really important to not just look at artificial additives in the foods children eat. It's essential that we weigh the combined effect of all the questionable ingredients in foods fed to children at home, at school, and in restaurants. It's also crucial to consider whether the nutritional content of these foods supports a healthy mind and body or whether it provides less than optimal nutritional value and actually interferes with health. –JC

Huge Increase in Soybean Oil Consumption Affects Omega-3s

Our traditional diet contained approximately the same amounts of omega-6 fats – which often promote inflammation – and anti-inflammatory omega-3 fats. But over the past 100 years, dietary changes have led to significant increases in the consumption of omega-6s and decreases in omega-3s. By some estimates, people now consume 16 to 30 times more omega-6s, priming people for inflammatory diseases.

But what specific dietary changes account for this dramatic change?

According to a new study by Joseph R. Hibbeln, MD, of the U. S. National Institutes of Health, people now consume *1,000 times* more soybean oil than they did a century ago. Soybean oil is particularly rich in linoleic acid (LA), the parent molecule of omega-6 fats, which displaces and lowers tissue concentrations of omega-3 fats, such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Hibbeln and his colleagues compared the fat content of foods commonly eaten in 1909 and 1999. LA intake, mostly from soybean oil, increased by two and one-half times, from 2.79% to 7.21% of calories consumed during this time.

The overall ratio of omega-6s to omega-3s in the diet from 1909 to 1999 increased by 77%, which would boost the pro-inflammatory effect of the diet. High tissue levels of LA depress EPA and DHA levels through several mechanisms.

Citing other research, Hibbeln wrote, “The LA

[omega-6] content of mature breast milk from American women increased from 6% to 7% of total fatty acids to 15% to 16% of total fatty acids between 1945 and 1995, whereas the LA content of adipose tissue increased from ~6% in 1960 to 18% in 1986.”

Hibbeln also noted, “During the 20th century, there was a shift in production away from small, family owned farms to industrial-scale agribusiness operations. Foods produced and consumed in the early 20th century (e.g., meats and fats derived from pastured animals) had different essential fatty acid compositions than modern grain-fed poultry and livestock products.”

Reference: Blasbalg TL, Hibbeln JR, Ramsden CE, et al. Changes in consumption of omega-3 and omega-6 fatty acids in the United States during the 20th century. *American Journal of Clinical Nutrition*, 2011;93:950-962. □

Omega-3s and Nuts Reduce Risk of Death from Inflammation

High intake of omega-3 fats, as well as nuts, significantly reduces the risk of death from inflammatory diseases, according to a new study by Australian researchers.

Paul Mitchell, MD, PhD, of the University of Sidney, and his colleagues analyzed the diets and health of 2,514 men and women over 14 years. All of the participants were at least 49 years old when the study began.

Over those 14 years, 214 of the subjects died from inflammatory diseases. These diseases included infections; blood and immune disorders; endocrine, nutritional, and metabolic diseases; respiratory system disorders, digestive disease, and musculo-skeletal and connective-tissue disorders. Heart diseases and cancers were excluded because they have both inflammatory and noninflammatory causes and would have skewed the data in favor of death from inflammatory diseases.

Women with the highest intake of omega-3s were 44% less likely to die from an inflammatory disease. In both women and men, high intake of alpha-linolenic acid (the parent molecule of omega-3s) was associated with a 17% reduction in inflammatory-related mortality.

In addition, the consumption of nuts was associated with a 32% to 51% decrease in inflammatory disease mortality. Mitchell wrote that “several bioactive components present in nuts may account for this beneficial effect.”

Reference: Gopinath B, Buyken AE, Flood VM, et al. Consumption of polyunsaturated fatty acids, fish, and nuts and risk of inflammatory disease mortality. *American Journal of Clinical Nutrition*, 2011: doi 10.3945/ajcn.110.009977. □

Green Tea and L-Theanine Improve Brain and Mood

Two new studies show significant cognitive benefits from green tea and the amino acid L-theanine, which is found in the tea.

Seok Seon Rho, MD, of the Cheongju Medical Center, Korea, and colleagues treated 91 men and women with mild cognitive impairment, a common prelude to Alzheimer's disease. Forty-five of the subjects received 1,680 mg of a combination of green tea extract and L-theanine daily for 16 weeks, and 44 people received placebos.

Tests found that people taking the supplement had significant improvements in memory and attention and marginal improvements in recognition.

In addition, brain wave measurements were conducted on 24 of the subjects. These tests found increases in brain theta waves, which indicate improved cognitive alertness.

In the other study, Akiko Higashiyama, PhD, of the University of Shiga Prefecture, Japan, and her colleagues used supplemental L-theanine to treat 18 university students. The students were divided into two groups, those with high and low anxiety levels.

All of the students received 100 mg of L-theanine in a glass of water or a placebo (only water) during the study.

Tests found that L-theanine led to improvements in students with higher anxiety levels. They had increased brain alpha-wave activity, which is associated with relaxation and mental focus, as well as better attention, lower heart rate, and faster reaction times.

Reference: Higashiyama A, Htay HH, Ozeki M, et al. Effects of L-theanine on attention and reaction time response. *Journal of Functional Foods*, 2011: doi 10.1016/j.jff.2011.03.009. □

Prenatal Omega-3s Benefit Children's Bodies and Minds

Pregnant women who consume ample amounts of fish or take omega-3 supplements give birth to children who are less prone to obesity and are more likely to have better brain development, according to two new studies.

The biologically active constituents of fish oils – eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) – are necessary for normal brain and eye development during fetal growth.

Emily Oken, MD, MPH, of the Harvard Medical School, and her colleagues investigated whether the ratio of omega-6 to omega-3 fats in pregnant women had any influence on the risk of obesity in their children. They measured the midpregnancy intake of

omega-6 and omega-3 fats in 1,120 women, the blood plasma concentrations in 227 pregnant women, and the umbilical cord amounts of these fats in 302 women.

The omega-6 fats, which are generally pro-inflammatory, are found in most cooking oils and many processed foods. The omega-3 fats come mostly from fatty coldwater fish, such as salmon, and grass-fed beef.

At age three, almost 10 percent of the women's children were obese.

Women who consumed a high ratio – that is, a high proportion – of omega-6 fats to omega-3 fats were more likely to have an obese child by age three. In contrast, women who consumed ample amounts of omega-3 fats were 32% less likely to have an obese child at age three.

Only about one in five women consumed more than two fish meals each week, and only half of them consumed 200 mg of DHA daily. Only 3% of the pregnant women consumed 200 mg of DHA daily during the last several weeks of pregnancy.

In a separate study, Cristina Campoy, MD, PhD, of the University of Granada, Spain, and her colleagues asked 315 women to take one of several supplement regimens from the 20th week of their pregnancy until delivery. The supplements consisted of fish oils (500 mg DHA and 150 mg EPA), 400 mcg of folate, both supplements, or placebos.

At delivery, the researchers measured the DHA level in umbilical cord blood.

Campoy and her colleagues then assessed the neurological development of the children at ages four and five and one-half. They found that higher DHA levels in umbilical cord blood at birth were associated with better performance on neurological tests at age five and one-half.

References: Donahue SM, Rifas-Shiman SL, Gold DR, et al. Prenatal fatty acid status and child adiposity at age 3 y: results from a US pregnancy cohort. *American Journal of Clinical Nutrition*, 2011;93:780-788. Escolano-Margarit MV, Ramos R, Beyer J, et al. Prenatal DHA status and neurological outcome in children at age 5.5 years are positively associated. *Journal of Nutrition*, 2011: doi 10.3945/jn.110.129635. □

Breakfast Reduces Appetite, Maintains Normal Glucose

Eating breakfast does make a difference in terms of not overeating later in the day. Conversely, skipping breakfast leads to greater food consumption and may contribute to overweight.

Nerys M. Astbury, PhD, of the University of Nottingham, United Kingdom, and her colleagues studied the responses of 12 healthy men of normal body

Continues on next page

Quick Reviews of Recent Research

- Probiotics ease gastrointestinal bloating
Researchers at the University of North Carolina, Chapel Hill, tested a combination of *Lactobacillus* and *Bifidobacterium* strains of probiotics (good bacteria) on people with bowel disorders and bloating. Thirty-one subjects received the probiotics and 29 received placebos twice daily for eight weeks. People taking probiotics had a 15% reduction in bloating symptoms compared with the beginning of the study. Compared with the placebo group, people taking probiotics had a 27% reduction in bloating.

Ringel Y. *Journal of Clinical Gastroenterology*, 2011: epub ahead of print.

- L-glutamine helps with glucose tolerance
Australian researchers noted that the amino acid L-glutamine stimulates the secretion of glucagon-like peptide, which may be impaired in insulin resistance and type 2 diabetes. They tested the effects of 15 and 30 grams of L-glutamine, along with the drug

Breakfast Reduces Appetite...

Continues from previous page

weight. In one phase of the study, the men ate a cereal breakfast with skim milk, and in the other phase they did not eat breakfast.

Two and one-half hours after eating breakfast, the men were given a 13.5 ounce (400 mL) beverage containing protein, carbohydrate, and fat. The men also consumed the beverage mid-morning when they skipped breakfast.

At lunch, the men were served a pasta meal with tomato sauce and cheese.

When the men skipped breakfast, they had higher blood sugar and insulin responses to the beverage, compared with when they ate breakfast beforehand. Higher blood sugar and insulin responses would point to abnormal glucose tolerance.

When the men ate breakfast, they consumed 17% less food at lunch.

“Regularly eating breakfast is recommended as one of the strategies that may help individuals achieve and maintain healthy body weight,” Astbury and her colleagues wrote. “Despite this advice, the proportion of people who report regularly consuming breakfast is declining, which has coincided with the dramatic increase in overweight and obesity.”

They added that breakfast skippers often snack more between meals.

Reference: Astbury NM, Taylor MA, Macdonald IA. Breakfast consumption affects appetite, energy intake, and metabolic and endocrine responses to foods consumed later in the day in male habitual breakfast eaters. *Journal of Nutrition*, 2011: doi 10.3945/jn.110.128645. □

sitagliptin by itself or in combination with the lower dose of L-glutamine. The 30-gram dose of supplemental L-glutamine yielded better overall responses among the 15 type 2 diabetic patients in the study, compared with the lower dose and the drug. L-glutamine reduced the postprandial (post-meal) rise in glucose, improved postprandial insulin, and improved the activity of glucagon-like peptide.

Samocha-Bonet D. *Journal of Nutrition*, 2011: doi 10.3945/jn.111.139824.

- Sugary drinks boost type 2 diabetes risk
Harvard University researchers analyzed the relationship between sugar-sweetened beverages (soft drinks, fruit punches, lemonades, and fruit drinks) among 2,680 subjects over 20 years of follow up. After adjusting for confounding influences, sugary beverages increased the risk of type 2 diabetes by 24 percent. The consumption of artificially sweetened beverages by themselves was not a factor in diabetes risk.

de Koning L. *American Journal of Clinical Nutrition*, 2011; 93:1321-1327.

- High-protein diet better for weight loss
Researchers in New Zealand placed 83 overweight or obese women on either a moderately high-protein diet or a high-fiber relatively high-carbohydrate diet for eight weeks. The moderately high-protein diet contained 30% protein and 40% carbohydrate, whereas the high-fiber diet contained 20% protein and 50% carbohydrate. Women on both diets lost weight, but those on the higher protein diet had greater benefits. Women eating more protein lost 9.9 pounds, compared with 7.26 pounds on the high-fiber diet. Women eating more protein lost 8.8 pounds of body fat, compared with 5.5 pounds on the high-fiber diet.

Te Morenga LA. *Nutrition Journal*, 2011;10: doi 10.1186/1475-2891-10-40.

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