

Health Hunters

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NEWSLETTER

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Lifestyle Care

by Ron Hunninghake, M.D.

Was an American society are at a critical tipping point. Do we ignore the potentially devastating status of most Americans' health, or do we wake up and address the underlying causes of the greatest epidemic to face our way of life?

The reader may be asking: What epidemic? People are not dying in the streets, much as they did in the great 1918 influenza epidemic. After all, we seem to have survived the swine flu scare that didn't happen. The specialists say that, thanks to the miracle statin drugs, fewer people are dying of heart disease these days. TV commercials suggest that cancer cures are "just around the corner." So, what's the big deal?

A recent article in the *Los Angeles Times* carried the following headline: "Half of Americans' health is at risk." Half of all adult Americans have high cholesterol, high blood pressure, or diabetes. These three risk factors, plus the 68% of Americans whose BMI categorizes them as "overweight," are much more than simple cardiovascular risk factors. These signs portend an ominous rise in ALL of the major chronic degenerative diseases...enough to swamp our already overwhelmed and over-priced sickness care system.

The risk factors mentioned above are the basic elements of the Metabolic Syndrome X, a known precursor to cardiovascular disease. Metabolic Syndrome X also ramps up chronic inflammation, weakens immunity, threatens autoimmunity, depletes adre-

nal reserves, disrupts neurotransmitter balance, and dooms its owner to a life of disability and pain...if allowed to go on unchecked.

Hopefully the reader understands the implication of "unchecked," which implies no change in the victim's lifestyle. The sum product of many years of poor lifestyle choices: We Americans are digging our own graves with our knives and forks!

There are many expensive pharmaceuticals that artificially rearrange high blood pressure numbers, kill cholesterol (and CoQ10) production by the liver, and drop blood sugar levels. Pharmaceutical solutions have not impacted future disease progression. The meteoric rise in obesity statistics continues upward at an undaunted pace. Poor lifestyle choices are being ignored as patients rush to their harried doctors for the latest blockbuster (and heavily advertised) drug.

Every mainstream medical organization (American Heart Association, American Diabetes Association, etc.) purports that lifestyle change is the first line of therapy for these diseases. Doctors generally do not engage their patients in lifestyle care. Insurance companies generally do not cover lifestyle care. It is the individual's personal sense of responsibility and willingness to implement true lifestyle modification that, at the end of the day, brings significant change.

Too many Americans are abdicating their responsibilities for their own health. This societal attitude sets the

stage for the political impasse that has characterized so-called health care reform. The currently proposed health reform is really only insurance payment reform. It ignores the lifestyle issues at the core of this national dilemma.

It is to this arena that the Riordan Clinic has turned its attention. Our focus for the past 35 years has been on chronic care. We will continue to serve in that capacity to those chronically ill patients who look to us for help and hope. Our call to duty now includes lifestyle care. We cannot ignore the blatant fact that Americans everywhere are struggling to find their way to better health. They are looking for evidence-based lifestyle care programs that work.

The Riordan Clinic is introducing a Lifestyle Care program! Do you

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Share information about The Center with your family and friends by inviting them to visit our websites. Meet us at the following addresses:

www.riordanclinic.org
or
www.healthhunteronline.org

Lifestyle care—Cont'd from page 1

experience any of the following symptoms: low energy level, high-stress lifestyle, excess weight, trouble sleeping, junk food cravings, inflamed joints, or concern about family history? If so, a lifestyle care program will make dramatic improvements in your health status. The Lifestyle Care program focuses all the knowledge and therapies available at the Riordan Clinic to assist people who recognize they need to make lifestyle changes to optimize their health. Visit our new Riordan Clinic website at www.riordanclinic.org to review a complete list of available therapies, including:

- creative visualization and relaxation program targeted to: smoking cessation, weight-loss, stress management, and pain management
- intravenous nutrition program customized with nutrients to address specific lifestyle needs
- nutrient focused blood analysis to help identify underlying nutritional, toxic, infectious, hormonal, or allergic sources for symptoms


Research has shown that lifestyle change is more effective in modifying the major cardiovascular risk factors than even medications. The patient, rather than becoming helplessly entwined in a web of passive services, becomes the captain of their own ship. Patients are empowered to take better care of themselves. They grow in confidence, expand their scope of knowledge, and develop lifelong habits of

health. They become part of the solution, rather than part of the problem.

Lifestyle Care is the medicine of the future. Illness can be prevented before it emerges. The antecedents of sickness are well known; but how does one initiate change before the foreseen consequences come to roost? The real trick here is motivation. What triggers the urge to be well? The first and foremost ingredient is a trusted doctor who values wellness. The patient who is told with care and compassion by their doctor that he or she needs to change their lifestyle...well, the choice is still theirs, but the likelihood of change will have increased dramatically.

Doctors, ironically, must be the first to embrace lifestyle care, if this mode of recovery is to truly catch on in our country. The Riordan Clinic mission is to create an epidemic of health. We serve as a training ground for doctors who are truly interested in learning how to motivate patients in the direction of better lifestyle.

Lifestyle care begins with a simple understanding: better habits of health are the basis of better health. Habits take time to cultivate. Education, lifetime learning, and coaching are the fundamentals of gaining and sustaining new habits. A personal commitment to better health is only a short but sincere statement away: **I CHOOSE TO LIVE A HEALTHY LIFE!**

Lifestyle Care begins with YOU!
(We can help.) 

GET STARTED NOW!

Lifestyle Care Program includes:

- Complete medical history review with a Riordan Clinic M.D.
- Laboratory blood panel measuring over 20 key biological markers
- Review of blood panel results with a Riordan Clinic M.D.
- Mini physical conducted by a Riordan Clinic M.D.
- Recommended Riordan Clinic therapies to address your specific lifestyle needs
- Introductory price - \$399 (offer good thru 7/1/10)

Go to www.riordanclinic.org for more details.

Special Offer – the **first five people** who mention the *Health Hunter Newsletter* and confirm a Lifestyle Care appointment will receive a **one-time \$100 discount** on the Lifestyle Care package. Call now 316-682-3100!

Case of the Month

This 53-year-old female presented at The Center in January of 2010 with concerns of erythema, allergies, rashes, peeling skin on her feet, rosacea, knee degeneration, asthmatic bronchitis, and bloating. She had become less active and unable to continue with her rigorous exercise program.

During her initial session with Dr. Chad Krier, it was recommended that she have the following lab tests: CRP, Candida Ab's, comprehensive liver detox profile, EFA, female hormone panel, standard list of food sensitivities, indican, and urinalysis with vitamin C level. It was important to obtain a good baseline for development of her individual plan of care.

This lab work revealed high levels of candida, ferritin, histamine, and inflammation, as well as problems with liver enzyme function. Specific food sensitivities in the moderately severe reaction category included mushrooms, brown and white rice, and sulfur dioxide. Other foods with which she may experience a moderate reaction included several fruits, vegetables, dairy products, food dyes, NutraSweet, and yeast.

A series of five IV Myers infusions was prescribed to help treat for presenting concerns. Before the series was complete, she reported relief from bloating and peeling of skin on her feet. She then began a series of weekly glutathione infusions to treat low glutathione levels.

Supplements recommended for this new co-learner included nutritional anti-inflammatory agents, antioxidants, vitamin D3, B12, magnesium citrate, and zinc.

Less than three months after coming to The Center, this co-learner reports feeling better overall. Her erythema is resolved. She has felt much less bloated and swollen and has more energy every day.

She continues to receive glutathione infusions and follows up with Dr. Krier to whom she reports steady progress. ^(H)

Reminder . . .

To receive your FREE electronic *Health Hunter Newsletter*, your name and address are required along with your e-mail address.

Thirty-Two Years of Chaos, Challenge, & Joy

by Marilyn Landreth, M.A.

Thirty-five years ago, Hugh D. Riordan, M.D., with the financial backing of the Garvey Foundation, began The Center. Mrs. Olive Garvey was interested in exploring a nutritional method to alleviate mental illness. Dr. Riordan had the curiosity, knowledge, and expertise to embark on methods to bring that about.

Those early years were a time of challenges and growth. In many ways we were learning as we went along. Some of the initial research included a simple study on the impact of different colored light on fruit flies to a more involved human study of around 800 participants called Personal Health Control. Personal Health Control was conducted through the mail and required participants from all over the country to make small lifestyle changes over a 10-week period.

After the Personal Health Control project, we began to see more people who had chronic illnesses. Up to that point, patients had been people who had mental illnesses. Dr. Riordan was rather unique at St. Francis Hospital where he would give patients prescriptions for fresh fruit. In the late 70s and early 80s hospital food did not include fresh fruit. He also had to present scientific rationale as to why he used vitamins and minerals in treating patients.

In 1982 The Center hosted a Sky-breaking (rather than a ground breaking) for a new facility. Eight geodesic domes and a pyramid were to be built on over 92 acres of ground on the outskirts of Wichita on north Hillside. Now we had room to see patients/co-learners, the laboratory, a library, and space for research. A few years later a restaurant and organic garden were added.

Over many years, Dr. Riordan developed an orientation of serving patients. Dr. Rachel Naomi Remen, a speaker at one of the International Conferences on Human Functioning, put into words what Dr. Riordan considered important. She said, "Service is a relationship between equals. Helping others incurs debt. When you help someone, they 'owe you one.' Serving, like healing, is mutual. There is no debt. I am served as the person I am serving."

Dr. Riordan believed that we received as much from the patients we were serving as they did. Over the years I have felt this to be very true, as I have learned so much from the wonderful people we have served.

A well-informed, educated staff was very important to Dr. Riordan. He tended to push us outside our comfort zone. He wanted everyone from the person at the front desk to the person who answered the phone, as well as the professional staff, to know what our mission statement was, our definition of health, and what each division of The Center was doing. Staff was expected to become proficient in all areas. He rewarded loyalty and longevity.

As many of you know, Dr. Riordan passed from this life, as we know it, five years ago. He was such a creative, intuitive, and workaholic person that he is deeply missed. His work still continues through the staff he put into place over the years. Dr. Ron Hunninghake is carrying on the work that Dr. Riordan started.

Yes, the years have been chaotic, challenging, and full of joy. However, it is time to turn my attention to another direction. It is time to "retire" and spend more time doing things that I haven't been able to spend as much time doing as I would like.

My mother is 94 years of age and still requires attention. Her memory has failed even more this year. Sometimes she thinks I am her mother and will talk to me about her daughter. Her wheelchair racing days are behind her, but I am still learning so much from her as she has such a strong spirit.

My husband and I hope to do some traveling. We have several small trips planned and maybe even some longer trips. There is such a big world out there to see and experience. He hopes that I will get reacquainted with the kitchen also.

Our grandchildren may get to see more of me in the future. I want to laugh with Janae, she is such a happy and spontaneous person; Kyle is going to help me publish my books; Alyssa is going to get me back in the kitchen to do baking; I always enjoy working in the garden with Matt; I want to listen

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Upcoming Events. . .

Lunch & Lectures

As The Center is a nutritionally based medical and educational facility, the last Lunch & Lecture this spring focuses on just that. We all know we should eat right and that nutrition is the foundation of good health, but it's hard to do that with our fast-paced lifestyles today. **Dr. Chad Krier** will address these issues on how to provide your body with the right nutrition for optimal health and what to do if you are not getting it. Please join us on **June 3** at noon for “**Foundational Nutrition—Laying the Ground Work for a Lifetime of Health**” to find out more.

For reservations, call 316-682-3100 or register on our website at www.riordanclinic.org.

Thirty-two years—Cont'd from page 3

to Alec play his guitar and read the stories he writes; and I will draw pictures with Jady and maybe get her to teach me some tricks on my computer.

One of the passions in my life, other than my family, is to do the detective work in learning about the people who have come before me. I've written three books on family history and have two more in the works. This may become a business in the future. At least it is fun to think about it.

Two of Dr. Riordan's sons are directing The Center. Brian Riordan is CEO and President of the Board. Neil Riordan, Ph.D., is Research Director and Board member. We are pleased to announce a new name to take us into the future— Riordan Clinic. The Center will always have a special place in my life. I have been privileged to learn from staff, patients/co-learners, and, especially, Dr. Riordan. I wish the Riordan Clinic continued success. H