



# Health Hunters Newsletter

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



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## The Environmental Factors of Infertility

by Jennifer Kaumeyer, ND



Starting a family is a goal of most couples, a way to express their love for one another. However, failure to conceive after 12 months of frequent intercourse without contraception, women under the age of 35 (6 months in women 35 years of age and older) are deemed infertile. The emotional pain felt by women experiencing infertility is comparable to

the emotional pain felt by women facing cancer, HIV, and chronic pain. To make things even more intense, many fertility drugs bring on mood swings, further exasperating their delicate emotional balance. Infertility now affects over 7 million women in the United States alone and is increasing every year. There are a variety of causes that can produce infertility, each with its own treatment and each with its own chance of success. But sometimes, the appropriate evaluation is completed, and no cause has been found. These couples we say have "unexplained infertility." Is the cause really unexplainable? I think not. There is an explanation for infertility and the Riordan Clinic can help in the investigation process.

**The Riordan Clinic understands how miraculous the body is**, for it is probably the most intelligent creation in all of nature. When given what it needs and when preventing its exposure to things that cause toxicity, the body wants to function properly and will eventually heal. However, when the body is deprived of essential nutrients and/or receives nutrients (or toxins) in excess, "disease" will set in. According to the Merriam-Webster dictionary,





## Letter from the Editor:

by Amanda Hawkinson

Infertility is becoming increasingly common in the United States. According to the Centers for Disease Control and Prevention approximately 12 percent (7.3 million) of women in the United States (ages 15–44) have difficulty getting pregnant and staying pregnant. So if you are one of those who are struggling, please realize that you are not alone.

While there are many causes (age, lifestyle, stress), those dealing with infertility may wonder what they can do to become more fertile.

This issue of the *Health Hunters Newsletter* offers suggestions for the many hopefuls out there that have this concern. Find natural ways for you to increase your odds of conceiving. Take this time to relax, read and reflect.

We hope that this issue will help provide insight and present options you may not have considered. If you have any questions or concerns, please contact me at [newseditor@riordanclinic.org](mailto:newseditor@riordanclinic.org).

**Amanda Hawkinson**  
Editor

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**Facebook**

*The Environmental Factors of Infertility continued from page 1...*

disease is defined as "an impairment of the normal state of the living animal or one of its parts that interrupts or modifies the performance of the vital functions, is typically manifested by distinguishing signs and symptoms, and is a response to environmental factors (as malnutrition, industrial hazards, or climate), to specific infective agents (as worms, bacteria, or viruses), to inherent defects of the organism (as genetic anomalies), or to combinations of these factors." The dictionary even states that malnutrition is a cause of disease, yet this idea has been forgotten. In other words, being in a state of disease does not mean you have to have a medical diagnosis, but rather that your body is not "at ease," resulting in what we call "symptoms." Infertility is just another symptom of disease. The question is what disease is infertility a symptom of? It can be a symptom of ALL diseases. The real question is what is the cause of all these "diseases"?

Modern medicine does well investigating the causes of genetic and infective nature. However, as previously stated, the environmental factors are conveniently ignored. The cause of infertility is a combination of environmental factors which include malnutrition and toxicity. This realization is not a "NEW" discovery. For centuries mankind has known and understood that malnourishment can cause infertility. **The question is what does malnutrition mean?**



I am sure you first pictured something you see in National Geographic. However, malnutrition is a broad term, which refers to both undernutrition and overnutrition. Individuals are malnourished, or suffer from undernutrition, if their diet does not provide them with adequate calories, protein, or vitamins/minerals for maintenance and growth, or if they cannot fully utilize the food they eat due to illness. People are also malnourished, or suffer from overnutrition, if they consume too many calories and not enough nutrients to process these calories. For example, over consumption of carbohydrates can lead to several vitamin deficiencies, such as thiamine (vitamin B1). Many Americans, at least 1/3, are suffering from malnutrition.

**Our poor diets are not the only thing that leads to malnutrition.** Stress, competitive work environments, fast paced lifestyles, toxic exposures, prescription medications, etc., can lead to malnutrition. The more toxins to which you are exposed, the more your liver has to work, and the more your liver works, the more nutrients it will require. Over time, this can lead to severe deficiency. Most people will tell me, "but, I haven't had any toxic exposures." The sad realization is that there are toxins everywhere. Next time you grab the

*The Environmental Factors of Infertility continues on page 3...*



# 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.

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

"I returned to Kansas for a blood treatment. It's called UBI [Ultraviolet Blood Irradiation]. Within a few days of finishing a 3 treatment protocol, I noticed my skin was drenched in collagen. Even my cosmetologist made [a] comment. Within a few more days, I noticed a reduction in pain medication, [and] then I noticed a lessening of inflammation in my sinus. This morning I woke and was almost walking normal. I still feel some discomfort and pain... but there is a noticeable difference. ~recommendation~ I could have a party!!

Not only am I well cared for at the Riordan Clinic, I am **very** well cared for. I can't thank them enough for their devotion and kindness. I'm looking forward to more of the UBI treatments. I believe they will not only enhance my last UBI experience, but improve things for me even more." *Texas*

- All individuals and groups who have donated to our cause through financial support, including:
  - M.E., Wichita, KS
  - B.R., New York, NY
  - R.H., Wichita, KS
  - Hugh Riordan Foundation for patients in need
- High Touch, Inc. and Via Christi for inviting our doctors speak about health and wellness issues
- Crestcom International for event/meeting space rental



The Environmental Factors of Infertility continued from page 2...

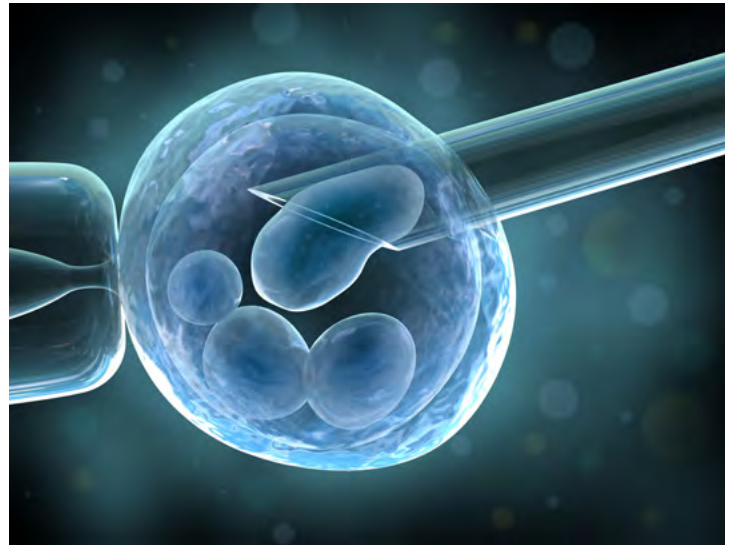


receipt from your grocery shopping, think about all the chemicals that are on that paper receipt that are now being absorbed into your skin. No, we can't live in a bubble, but we can be aware and take precautions and practice REAL preventative health care.

An example of prescription medications playing a

part in infertility is the actual birth control pill. Did you know that oral contraceptives deplete the levels of Folic Acid, B1, B2, B3, B6, B12, vitamin C, zinc, and selenium? If these levels get too low, your body cannot function properly and therefore cannot grow another healthy human being. Many other medications deplete nutrient levels, leading to malnutrition and possible infertility. Malnutrition is also the cause of disorders caused by hormone abnormalities such as Polycystic Ovarian Syndrome (PCOS), endometriosis, hypothyroidism, etc., all of which can lead to infertility.

**The Riordan Clinic offers natural options to help increase fertility.** Our onsite, state of the art laboratory measures most all nutrients, which can help pinpoint what deficiency or excess may be preventing the body from accepting pregnancy. People are spending an average of \$10–25 K per in vitro attempt. In vitro fertilization (IVF) is the process by which an egg is fertilized outside of the body and then implanted into the uterus. The success rate for IVF on first attempt is only 30–35% for women under 35! The natural fertility treatment offered at the Riordan Clinic is an extensive process, but it is individualized and six months at our clinic is less than half the cost of one IVF treatment. Patients come to the Riordan Clinic from all over the world, so you do not have to be a Wichitan to receive this top-notch care. The Riordan Clinic cannot promise pregnancy; however, there have been many "infertile" women achieve pregnancy naturally at our clinic. If pregnancy is not achieved, the only side effect would be clearing up other health concerns and getting healthier! Now those are side effects I am certain you can handle.



The Riordan Clinic has been successfully "stimulating an epidemic of health" since 1975. By being active co-learners with our patients, we have discovered the cause of various chronic illnesses, even the most complicated of cases. Interestingly, the cause often is rather simple. We have given hope and life back to people, when they were told "there is no hope," "nothing more can be done." There is always hope and there is always a way. Someone anonymously once said, "When the experts say it cannot be done, fire the experts and do it!"

# Vitamin Special 15% Off Fertility Supporters

Please consult your doctor before starting any supplement regimen.



**Flax Seed Oil Softgels**  
Regular: \$11.50  
**Sale: \$9.78**



**Ground Flax Seed**  
Regular: \$17.34  
**Sale: \$14.74**



**Vitex (Chaste Tree)**  
Regular: \$17.45  
**Sale: \$14.83**



**Evening Primrose Oil**  
Regular: \$11.01  
**Sale: \$9.36**



**Pure Gest Progesterone Cream**  
*(strict doctor guidance!)*  
Regular: \$20.95  
**Sale: \$17.81**



**Zinc Citrate**  
Regular: \$16.32  
**Sale: \$13.87**



**Zinc Orotate**  
Regular: \$12.55  
**Sale: \$10.67**



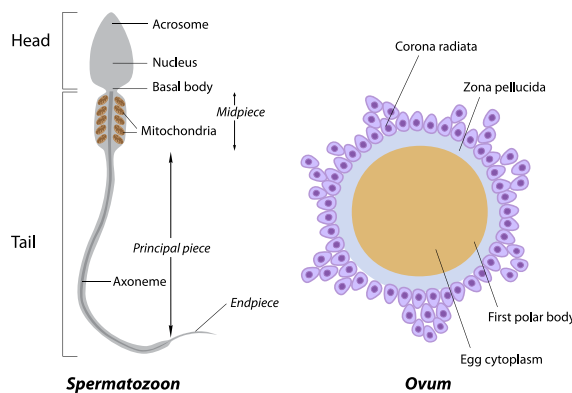
## Know Your Nutrients: Zinc and Fertility

by Amanda Hawkinson

As one of the most studied nutrients when it comes to fertility, zinc is an essential component of genetic material. Having a deficiency in zinc can cause chromosomal changes in either partner, which in turn causes reduced fertility and greater risk of miscarriage.

### WHAT IS ZINC?

Zinc is an essential mineral that your body uses in a variety of ways. It is needed daily to replenish your body's supplies. Zinc is found in every cell of your body. It helps in the production of DNA and in wound healing, and it helps your immune system, among others. It also directly affects your fertility.



Zinc provides support to balance blood sugar. When the body is low or deficient in this mineral, the body's insulin response slows, which makes our blood sugar harder to stabilize. This is extremely important for those with hormone balance issues.

For women, zinc is important in helping the body to utilize the reproductive hormones, estrogen and progesterone. A lack of zinc can lead to hormone imbalance, abnormal ovarian development, and menstrual

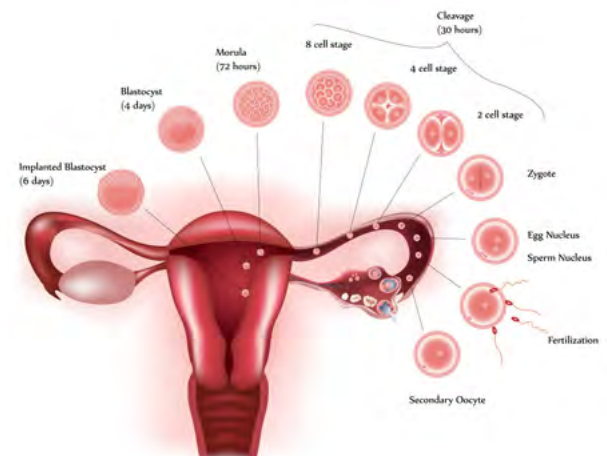
irregularity. When your body is low in zinc, it also inhibits the metabolism of protein, which in turn lowers egg quality.

For a man, zinc has a great impact on sperm count because it is found in high concentrations in sperm. It is especially needed to make the outer layer and the tail of the sperm.

Regrettably, the body does not store zinc well so frequent consumption is necessary. The best ways to get zinc naturally are to eat plenty of:

- beef, venison, and poultry
- eggs
- whole grains
- whole fat dairy products
- seeds like sunflower and pumpkin
- molasses and maple syrup

The FDA recommends only 11 mg for men and 8 mg of Zinc for women. However, these amounts may be too low to help boost fertility and may only work well for those who already have an ample supply of zinc. For boosting fertility, amounts anywhere from 25 mg to 50 mg per day can be necessary. Please know that long term use above 40 mg has been shown to cause deficiencies in other minerals (like copper). As with any supplement regimen, consult your doctor before you commit to anything.



A diet full of whole foods can supply the body with vitamins and minerals, but if your intake is not sufficient, discuss options with your healthcare provider. For more information, visit the Riordan Clinic website at [www.riordanclinic.org](http://www.riordanclinic.org).



(Look at Know Your Nutrients for more information about zinc.)



# Please Join Us for a Retirement Party

honoring 35 years of  
dedicated service  
by

**Mavis Schultz, ARNP**

TUESDAY, JUNE 5TH

from 4:00–6:00 in the afternoon

Brief presentation at 5:00

Refreshments served

**BOB PAGE PYRAMID**

Riordan Clinic  
3100 N Hillside

If you are unable to attend, please feel free to send a card.

Contact Amanda Hawkinson at 316-682-3100 x 232 with questions.



## The Mabee Library

Don't forget to stop by our extensive learning library and enjoy a complimentary cup of coffee or tea. Patients, family members, volunteers and staff are welcome to check out books from our collection of more than 3000 titles. You are also invited to enjoy our great selection of health, wellness and scientific journals or read today's newspaper. You can choose to view a video or DVD from our past lecture series or symposiums. Whether you surf the internet, read or just relax, you are always welcome in the Mabee Library.

## Dr. Hunninghake Speaks in Calgary on Preventative Health Care

Last month, our own Dr. Ron Hunninghake spoke to over 300 attendees at Healthy Conscious Living, a symposium sponsored by the Pure North S'Energy Foundation, in Calgary, Canada.

The Pure North S'Energy Foundation is a non-profit initiative that focuses on preventative and integrative health and wellness strategies. This topic is nothing new to the Riordan Clinic's co-learners, patients and followers. Since the beginning, Dr. Riordan, and then Dr. Hunninghake, have always urged patients to take an interest in their health, know their nutrient levels, and strive to prevent disease with healthy habits. The article below was recently published in the Calgary Herald.

## Prevention the key to 'paradigm shift' in health care, Calgary symposium told

Patients realizing that better health is in their own hands, doctor says

by Amanda Stephenson, Calgary Herald May 12, 2012



Photograph by: Archive, Calgary Herald

I think what a lot of patients are waking up to is the realization that just taking more medicine is not going to make them healthier," says Dr. Ron Hunninghake of the Olive White Garvey Centre for Healing Arts in Wichita, Kan. Hunninghake spoke at a symposium Saturday in Calgary on preventive health care presented by the Pure North S'Energy Foundation.

Ron Hunninghake may be a medical doctor, but he's very blunt in his assessment that the public—not the medical

community—will ultimately lead the way to what he calls a "paradigm shift" in the way we treat illness.

"The stuff we're talking about — that's really going to make a difference — is lifestyle change," Hunninghake said on Saturday, following his speech at the Healthy Conscious Living Symposium taking place at the BMO Centre.

"Doctors, in general, are not trained to encourage lifestyle change. They're trained to make a diagnosis and start a treatment. . . . And if you're a busy doctor, you don't have time to do wellness education. But I think what a lot of patients are waking up to is the realization that just taking more medicine is not going to make them healthier."

Hunninghake is chief medical officer of the Olive White Garvey Centre for Healing Arts in Wichita, Kan., and one of several guest speakers at Saturday's symposium touting the virtues of preventive health care.

The event was presented by the Pure North S'Energy Foundation, a non-profit health and wellness organization founded by philanthropist and Calgary Flames co-owner Allan Markin.

Pure North offers a free wellness program that includes lifestyle counselling, blood and urine analysis, nutrition coaching, and education around exercise and vitamins. These are the kinds of things, Hunninghake said, that can go a long way toward preventing chronic illness in the first place.

"A lot of doctors would say, 'Oh, that's not enough to help people. These are seriously ill people.' Well, if you let people go long enough, the illness gets worse and worse," Hunninghake said.

"The idea here is to intervene earlier and get people engaged and invested in taking better care of themselves. That's the paradigm shift."

Executive director Wendy Paramchuk said the very fact that more than 300 people came out to the event shows there is a hunger for the model of health care Pure North promotes.

*Prevention, The Key to 'Paradigm Shift' in Health Care continues on page 6...*

# Patient Profile: Uncovering Infertility Issues as a Team

by Nichole Kunkel, RN

One of the most defeating things as a man or woman is the continuous let down, month after month, when trying to conceive a child. When two people's hearts are set and overflowing with love and desire for a child the inability to conceive and give that love, inevitably becomes overbearing and self-defeating. While working at the Riordan Clinic, I learned a lot from the doctors on many things we can treat. After seven unsuccessful months of trying to conceive a child and one miscarriage during that time, I knew it was time to stop and seek help from the individuals I rely on daily.

Before going to the clinic for help, I tried the traditional approach and scheduled an appointment with my primary care physician. There I went through extensive blood testing and sonograms checking to see if there were any hormone, blood, or anatomical problems that were inhibiting conception. After all my results came back within normal limits, I knew something else had to be going on. That is when I decided to seek help from the Riordan Clinic. I know that vitamins and nutrients play a HUGE role in everything in the body, yet none of my vitamin or nutrient levels had been checked at my primary care office.

After talking with a Riordan Clinic doctor, I was told that, "It is always easiest to 'check the bull first' because they are easier to fix." We had gone through the process backwards which made us feel more defeated, but we were not giving up. The Clinic doctor recommended we do the

"If people are just open to hearing and listening, they see that there is nothing quack(ish) or flaky about it—it's all really just common sense," she said.

Calgarian Judy Kuehn attended the symposium to learn more about the power of preventive medicine. A breast cancer survivor, Kuehn remembers feeling frightened and isolated as she underwent a radical mastectomy, then overwhelmed and confused once she was released from the hospital. She came away from the experience with the belief that it takes more than surgery and pharmaceuticals to be truly "well."

"I believe in a holistic approach...That's the definition of health, when a person is in touch with their whole body, but it seems to be missing for a lot of us today," Kuehn said. "That's why I'm so glad to be here and see that there are people who are pioneers, who are trying to make the system better."

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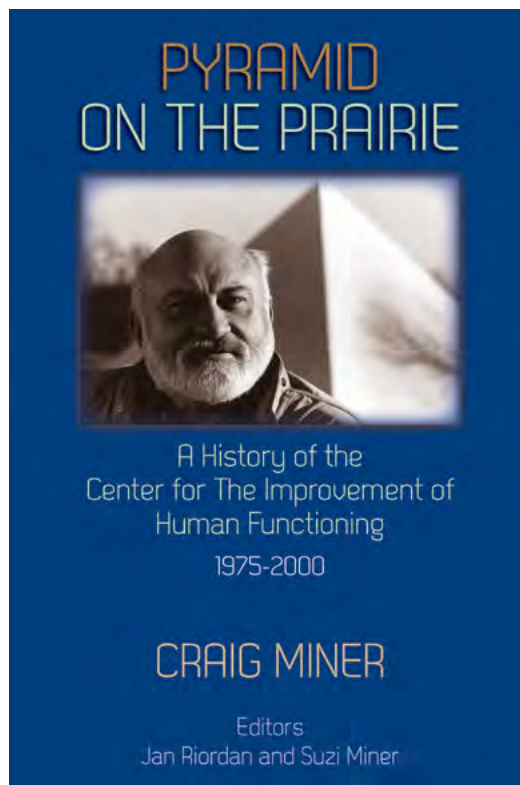
Read more: <http://www.calgaryherald.com/health/Prevention+paradigm+shift+health+care+Calgary+symposium+old/6612792/story.html#ixzz1wHDGY49A>



## Pyramid on the Prairie

A Riordan Clinic Publication Book Review

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



Pyramid on the Prairie by Dr. Craig Miner is a delightful manuscript detailing the history of the Riordan Clinic in Wichita, Kansas. This writing project was originally commissioned between Kansas' own historical treasure, Dr. Craig Miner and world renowned Dr. Hugh Riordan. They labored hours researching facts and recreating "the history of the domes on the plains." The book was intended to be presented in commemoration of the clinics 25th Anniversary, but was not completed for various and sundry reasons. The work lay dormant for years until long after both men passed, Mrs. Jan Riordan and Mrs. Susan Miner teamed up to breathe life into what had literally become the "forgotten manuscripts." They edited these findings into a magical recollection of the genesis of the domes and birth of a pyramid. You will

realize how Dr. Riordan willed these geometric oddities to literally sprout from a patch of farmland in Wichita, Kansas!

Pyramid on the Prairie encapsulates the pitfalls and triumphs of The Center for the Improvement of Human Functioning, an alternative medical center in the Midwest (forty years before it's time) and Dr. Riordan's struggle to accomplish his vision of everyone achieving optimal health through education and application of daily health practices. He



Preconception Panel to make sure our vitamins and minerals were within normal limits. It was also suggested that we do a reproductive analysis on my husband and then decide what to do from those test results.

After all the blood work was reviewed, we found the problems! My CRP, which is a non-specific inflammatory marker, was elevated. It was suggested I do the HCG program to help decrease visceral fat, which releases inflammatory responses; HCG also helps regulate blood sugars and hormones, and it increases fertility. My husband had an even easier treatment protocol. He had to switch to boxers, which decreases the amount of heat that sperm cells are exposed to. Also, he took calcium, magnesium, zinc and vitamin C supplements to help decrease the number of abnormal sperm cells produced and to increase motility of sperm and make them stronger and healthier.

One month after the treatments were started, God answered our prayers, and WE WERE PREGNANT! My pregnancy went extremely well. The baby was absolutely healthy, and my weight gain throughout the pregnancy was phenomenal! The best part of the story is that we had a healthy baby boy! My health status after the pregnancy has been constantly improving. Now, I am healthier and more in shape after having a baby than I have been in the last 8–9 years.

This patient's story is a great example of the exceptional care you will receive at the Riordan Clinic. To find out more or to make an appointment, call **316-682-3100** to start your journey to a healthier you.

believed natural health could be attained via proper nutrition, exercise and exploring healing regimes that mainstream doctors and insurance companies refused to recognize. Dr. Riordan was considered a "maverick" (at best in the 1970's) by the mainstream health profession, but proved to become a talented self-researcher, educator, visionary and dedicated healer. Dr. Miner, the author, captured the essence of the daily battles Riordan endured fending off constant peer group criticism, insurance company rejection, budget short falls, constant fund raising, public relations, construction management issues, and litigation. As Miner pointed out, "it is devilishly hard at first to tell a 'nut' from a 'genius.'" What do we have here?

The story is more than a historical account of the growth and development of the Riordan Clinic, but an intriguing story of a young doctor and his unlikely relationship with one of Wichita's social elite, Mrs. Olive Garvey. As the story unfolds, you will discover how fate brought a Wichita heavyweight and an alternative health professional together. You see, Olive was like-minded regarding natural health, and this philanthropic matriarch became a lifelong donor, friend, patient, and champion of the clinic, almost as if it was her baby.



Olive passed away at the age of 99 and she proudly contributed her longevity to her physician's (Dr. Riordan) sound advice. She continued her commitment and support of Riordan beyond the grave, having set-up a trust for the center's benefit, projected to provide roughly half a million dollars annually to the center. Dr. Riordan, in memory of Olive, fondly recalled her keen ability to accurately judge character and identify the truth, as her most endearing traits. Over the history of the clinic, Garvey donated substantially and as her trusted doctor professed in one of his many notes to Olive, "you provide me with a great deal of strength" (page 204). I discovered, as I read, the strength Olive provided went well beyond financial, she was the doctor's friend, advisor, comrade, and business partner; being a savvy, fully capable, wealthy, well read woman, he admired her and strived to exceed her expectations. For years they worked side by side developing strategic plans that included educational initiatives, low cost health care, international conferences, audio, video and televised productions, all in a "not for profit world" with the dream of the clinic being a self-funding, self-sustaining, world model for future health care.

Smatterings of actual client testing are threaded throughout the book, many cases where hopeless patients thrive. Some of the areas of experiment and patient therapy the clinic engaged in included: autism, cancer, hyper-activity in children, chelating therapy, hypertension, rheumatoid arthritis, migraine headaches, macular degeneration, carpal tunnel syndrome, food allergies, parasites, biofeedback, & subtitle energy

# Lab Special Pre-Conception/ Fertility Panel

Infertility is on the rise. As seen in our patient profile article, having these nutrient levels checked is a great place to start for individuals, both men and women, who are having difficulty conceiving.

## Levels measured:

- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin B6
- Vitamin B12
- Folic Acid
- TSH
- Free T3
- Homocysteine
- Essential Amino Acids
- RBC Magnesium
- RBC Manganese
- RBC Selenium
- RBC Zinc
- Urine Vitamin C



Regular: \$1251.00  
**SALE: \$688.00**

testing. (ESP too, as seen on a 1977 Johnny Carson Show!) They were ever expanding into new areas including hyperbaric oxygen chamber treatments, yoga, acupuncture, and intravenous vitamin therapy. The campus also offered a state of the art testing laboratory, herb garden, walking path and restaurant all under a series of domes and a single pyramid on the Kansas Prairie.



Dr. Riordan envisioned an epidemic of health and understood the complex relationship between nutrition, behavior, intellectual performance, health, and longevity. By the time of his death, Dr. Riordan's legacy was anchored in research and the clinic was prolific in testing, publishing, and education via the *Health Hunters Newsletter* and *Rope* (a publication designed for general health practitioners). Riordan also amassed an impressive library, implemented educational initiatives, hosted world-class conferences, and created health programs.

This book is both an education and enjoyable read about the most unique real estate on Chisholm Creek. It is a literal "who's who" parade of characters in the world of holistic health. The Riordan Clinic and Dr. Riordan's memory live on; visit the library; tour the campus; attend a lecture, and enjoy your vitality and health in a manner that would make Dr. Riordan proud.

### Sources:

Pyramid on the Prairie, By Craig Miner, Mennonite Press Inc., Newton KS  
Laurie@DonnellsHealingGarden.com

# Lunch & Lecture Series 2012

## Treating Infertility Naturally



Dr. Jennifer Kaumeyer

**Presenter: Dr. Jennifer Kaumeyer**

**Date:** Thursday, June 14, 2012

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

**Cost:** \$10—Lunch is included.

Over the past few decades, infertility issues have increased dramatically in our country. According to 2002 CDC statistics, 7.3 million or 11.8% of women of childbearing age were shown to have received some sort of infertility services. Dr. Kaumeyer speaks to the causes of infertility in her June article, but how can this diagnosis be treated without aggressive prescription drugs?

The natural approach to fertility has been very successful, largely because fertility is multi-factorial, meaning that there are many elements that can be at the root of your fertility problems. In this lecture, Dr. Kaumeyer will explore treating infertility naturally with proper diet, specific herbals, and supplements.

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

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

