



# Health Hunters

## Newsletter

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## Your Hormones: Why You Need Them, Why You Can't Live Without Them

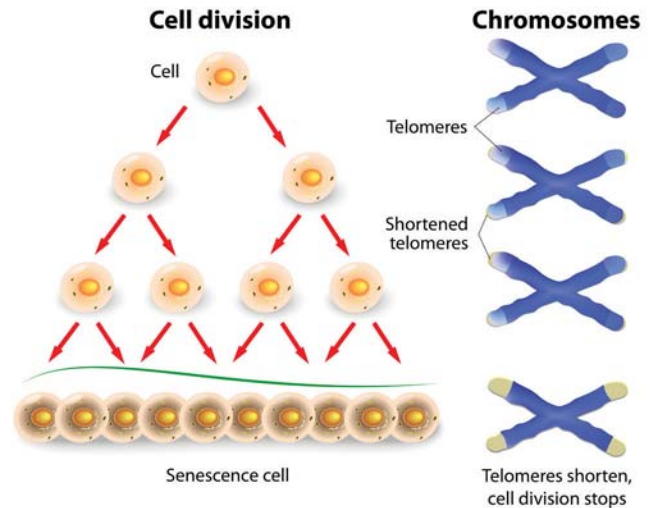
by Mike Bauerschmidt, M.D., C.C.T.

We human beings are a curious bunch. By "curious" I mean, not only that we want to know why things happen, how things happen or why they happen when they do; I also mean that we can be strange and peculiar. Nowhere is this demonstrated more truly than in the field of aging.

Isn't it curious that we begin life, and travel through life very similar to Shakespeare's seven ages of man? We begin as helpless infants with little knowledge. We travel through life gaining experience and wisdom only to encounter our end-of-life as remembering little, and being equally helpless. Are we destined to end life this way? I think not! I would like to take the time now to explain our best ideas as to why we age, and address at least one of the ways that we can age more gracefully, ending our lives as fully and vibrantly as we can.

### Why We Age

We know from the study of our somatic cells (the cells that are used to make up our different organs) that we should be capable of living between 120 and 150 years. This is why I maintain that middle age begins at 60. I recently moved that number to 75. We are constantly in a state of growth and/or repair. So when and why does our growth and repair become breakdown and despair?



When, depends on how well we have treated our bodies. Why, is a function of things called telomeres. Telomeres are like the caps on the end of your shoelace. Each time our cells need to grow and repair, these telomeres unravel and allow our DNA to open so that the new instructions for growth and or repair can be executed. So, the good news is that we theoretically have the capacity to live forever. However, the bad news is that these telomeres do not last forever. Each time they're asked to unravel they lose a little piece of themselves. So, in essence, they are the rate-limiting factor for how long we live. Therefore, the best way for us to live a long and healthy life is to treat our bodies as best we can and reduce the rate at which we require repair work. Here at Riordan Clinic our goal is to provide the best environment that we can for your body to continue

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## Contact the Editor

Please send any comments or suggestions to [newseditor@riordanclinic.org](mailto:newseditor@riordanclinic.org).

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Megan Neathery  
Editor

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## Health Hunters Newsletter

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to grow, develop, and age with grace and ease. Bioidentical hormones help us age with that grace and ease.



holes to fill. Without your hormones you just have a bunch of guys standing around leaning on their shovels.

Hormones also come in a variety of shapes and sizes! Your thyroid hormones, which Dr. Ron has talked about, manage your metabolic rate. Your appetite command and control hormones, which Dr. K has talked about, manage when you feel hungry and when you feel full. There are still other hormones that let you know when it is OK to sleep and when to wake up, when to be fearful and when to be happy, when to build bone and when to release calcium from bone, you get the idea. The one thing all these hormones have in common is that they all pretty much work until you die. Not so for the hormones most involved in the aging process: estrogen, progesterone and testosterone. Unfortunately they take a permanent vacation when women enter menopause and men begin andropause. But just because they leave doesn't mean you don't need them anymore!

### Why You Need Them

There is not a single cell in your body that does not have a receptor site for your hormones. Granted, some have more receptor sites than others; however, they all have them. Remember the analogy of the road workers. Without your hormones telling your cells what to do, your cells, like the road workers, sit and do nothing, or worse, they just quit and walk off the job—forever! Why do you think women get a thing called post menopausal osteoporosis? And why is it that the risk for heart disease, stroke and cancer go up in women after menopause? It isn't because they got it when they were 20 years old. So, if they are so important why haven't we heard of them before? Mostly for two reasons:

- 1) Not so long ago (three generations at most) many, if not most, women did not live much past menopause
- 2) There wasn't a whole lot we could do about it anyway. That is until Jonathan Wright, MD, and Daved Rosensweet, MD, and others like them, came up with a way to deliver hormones safely and effectively.

### Hormones, Safety and the Women's Health Initiative

Say what you will about drug companies, they are good at one thing: coming up with ways to sell products that we don't need or that are patently dangerous,

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### What Are Hormones?

Unlike vitamins, minerals, and enzymes that are the cofactors, we need to turn our food into energy and building blocks; hormones are the chemical messengers that our body needs to tell our cells what to do. Think of the difference like your state Department of Transportation road workers. Your vitamins are the actual guys out there slinging the shovels and filling the potholes. Your hormones are the guys telling the workers which





# Bio-Center Laboratory

In our lead article on hormone loss, Dr. Mike Bauerschmidt recommends determination of hormone levels as an essential part of aging assessment. Other tests for the assessment of aging include:

- **Vitamin B12:** Increases the length of telomeres
- **Vitamins C and E:** Reduces the shortening of telomeres
- **Iron:** Elevated iron can indicate shortened telomeres
- **Blood glucose:** Detects age-related glycation end products, substances that can be a factor in the development or worsening of many diseases
- **Hemoglobin A1C:** Detects age-related glycation end products, substances that can be a factor in the development or worsening of many diseases
- **Coenzyme Q10:** Reduces with age
- **Glutathione (GSH):** Essential antioxidant



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*Your Hormones: Why You Need Them, Why You Can't Live Without Them continued from page 2...*

requiring us to use more stuff we don't need. Pregnant Mares Urine, commonly known as Premarin, and its equally evil counterpart, the synthetic progestin Provera, are two such products. Premarin, being equine derived, has 5 – 20 times the potency of our normal bioidentical estrogens. Consider once again our road workers, out in the hot summer sun with boiling asphalt being quite literally flogged into their jobs. How long are they going to last? So, while Premarin was very good at soothing the symptoms of menopause, it exacted a pretty heavy price on a cellular level. The companies then developed Provera to balance the effects of the Premarin on the lining of uterus. Actually, that was a pretty good idea, in theory. However, like the Premarin, the Provera was a synthetic imitator of our real progesterone.

The short answer to all this resulted in a study entitled *The Women's Health Initiative* that looked at the potential down side to using Premarin alone, and Premarin and Progesterone together, in the drug known as PremPro. The results were that while the symptoms of menopause were alleviated, and women felt and looked better and retained much of their youth; certain "side effects" like stroke, heart disease, and cancer went up in the women on the PremPro therapy. This effect seemed to be due primarily to the Provera component of therapy. The result was that Hormone Replacement Therapy was relegated to short term use to manage the acute symptoms of menopause. Unfortunately, the use of Bioidentical Hormone Replacement (BHRT) was not looked at in the study and the baby got thrown out with the bath water.

## Bioidentical Hormone Replacement Therapy

So does BHRT work and how do we use it? If you look at the thousands of patients who have been using BHRT since Jonathan Wright, MD, and Daved Rosensweet, MD, and others started more than 30 years ago, it quickly becomes evident that, yes, BHRT does indeed work. Patients, both male and female, who use BHRT report improved health, well-being and demonstrate reduced incidence of things like osteoporosis, aging skin, loss of libido, loss of muscle mass, brain fog, sleep disorders, as well as reduced incidence of heart attacks and strokes.

Initially, it was felt that we needed to restore women's hormones to levels that were present when they were menstruating and cycle in a similar fashion to that period of time. However, with time we found that the use of the same daily dose that does not cause vaginal bleeding, achieves the same affects without the complexity of a regimen that varies throughout the month. In women, we're basically targeting that sweet spot between good vaginal health and breast tenderness. We find that when we are in that sweet spot that all the other problems associated with lack of hormones also disappear. Further, from studies looking at 24-hour urine tests, we have found that we are indeed restoring hormone levels to those equal to when women were menstruating, without causing recurrence of their periods.

This is not to say that there is no debate about the best way to use or apply them. My personal belief is that we want to mimic nature whenever possible. Hormones are generally secreted by the organs that create them, directly into the bloodstream and circulated throughout the body before they are processed by the liver. To mimic this, it is best to use hormones as either creams, for application to the skin or vagina, or as organic oils applied directly to the skin. There are practitioners that use subcutaneous implants. However, I find these to be not only invasive, but also impossible to control in the

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# Patient Profile

By: Danae Baker, CMA

A certain amount of sex hormones are needed to complete conception (man + women= baby). Testosterone helps men have the strength to protect their offspring and to woo a mate. Estrogen is a key component in fertility and development during puberty for woman. Progesterone helps to balance estrogen and other hormones needed for healthy body functions. However, as we get older our hormone levels begin to drop.

Hormonal imbalance brings on a variety of different symptoms. For example, persistent weight gain, belly fat and loss of muscle mass, low libido, fatigue, anxiety, irritability, depression, poor sleep patterns, sweating, digestion problems, and cravings.

A co-learner came to visit Riordan Clinic after seeing 15 other doctors who, even after a number of tests, were unable to find any answers or proper treatment. Her son pushed her to seek help at Riordan Clinic. She was experiencing hair loss, weight gain, mood swings, fatigue, and a slew of other symptoms. She felt like a "prisoner" in her own body, she was unable to garden or enjoy playing with her grandkids.

After her new patient experience, meeting with our doctors, and the "wonderful staff," this co-learner found out that one of the issues was a hormonal imbalance. She was advised to change to a nutrient dense diet, along with adding hormone medication and supplements. She also added a few treatments we offer such as, intravenous vitamin C and lymphatic drainage. She started to notice an increase in energy. She made an attempt to have a better attitude toward life, thinking of things to be grateful for on a daily basis and letting go of the past. She says that she is now on the path of recovery.

This co-learner was finally able to keep her grandkids for the weekend and she was able to tend to her garden. Although she is not 100% back to her old self, she has gained a lot of things back she once took for granted. She continues to grace us with her presence and her laugh and smile can brighten anybody's day.



event that small adjustments in dosage are necessary. Other practitioners use troches or capsules. I find these to be better than the implants; however, anything that is placed in the mouth and therefore to a degree swallowed, has to pass through the liver first. In this case, they do not mimic nature and they have the potential to become more toxic metabolites before they are excreted. For these reasons, I favor creams or oils as the best delivery system that offers me the ability to fine tune dosage, as well as avoid unnecessary side effects.

As with any therapy, monitoring is essential to

protect and optimize your health. And, just like the delivery system, there are several ways to see how your body is metabolizing your hormones. My preferred method is a 24-hour urine test. This looks not only at your three most important estrogens, as well as testosterone and progesterone. It also looks at the myriad metabolites that can be biologically active in your system. The bonus is that we also get a look at your stress hormone levels, cortisol and cortisone, with their metabolites. For those who don't like sitting around the house collecting their urine all day, we can do blood tests to look at many of the hormone levels, but not so many of their metabolites. While useful, it does not give me the same depth of information that the urine does. Finally, there are salivary hormone levels that can be measured; however, no one has ever been able to tell me how hormones are excreted in the saliva, or assure me that these are a direct reflection of what is actually happening in the body. Therefore, I generally do not use these measures.

## Summary

Hormones are absolutely essential if we are to live a long healthy life with grace and ease. BHRT is a safe and effective way to deliver those needed cellular messengers and can be used in both men and women. Appropriate monitoring is essential to ensure safety. Regular follow-up care is essential to ensure effectiveness. With a little bit of effort, the results can be absolutely amazing. And they can be used even years after menopause or andropause. In fact, Dr. Rosensweet is currently conducting a study using bioidentical hormone replacement in a much lower dose for women over the age of 75, who are suffering with issues of memory, loss of muscle strength, or general physical debility. The initial results have been very gratifying.

The bottom line is that:

1. We need our hormones
2. We don't lose our hormones because we get old; we get old because we lose our hormones.
3. We don't have to suffer because of our age.

There is a simple solution. That solution is BHRT. Schedule an appointment so that we can show you how to live your life with grace and ease.



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## Holistic Approaches to Hormone Therapy

By: Laurie Roth—Holistic Health Practitioner and Master Herbalist

Japanese women, whose diets are high in plant-derived estrogens, particularly soy, experience little menopausal discomfort and report the lowest rates of coronary artery disease and cancer. This health phenomenon is attributed to the natural phytoestrogens they ingest. This super plant substance functions similar to 17 beta-estradiol, which is attributed to producing estrogenic effects. Phytoestrogens in food and herbs are capable of exerting estrogenic effects, but are technically referred as “anti-estrogens” because their activity is only two percent as strong as that of estrogen. In addition, since they are fifty times less potent than estrogens, the net effect of this natural source results in significantly less estrogenic stimulation. However, because of their low estrogen activity, they tend to balance the effect of estrogen.



There are several classes of plants that assist in hormone balance, which include isoflavones, lignans, coumestans, and resorcylic acid lactones. Isoflavones generally occur in legumes, with the highest concentrations in soybeans and soy products. Randomized trials that show beneficial effect have been done with phytoestrogens in postmenopausal women. In one double-blind trial, 58 postmenopausal women were given daily supplements of either 45 grams of soy flour or 45 grams of wheat flour for 12 weeks. Results showed that soy flour produced a more rapid and continuous reduction (40%) in hot flashes, compared with wheat flour (25% reduction). Japanese women excreted far more isoflavonoids in their urine than did American or Finnish women. Isoflavonoid estrogens were excreted in 100- to 1,000-fold greater amounts by the Japanese women than endogenous estrogen excreted by all other test groups. This high intake of phytoestrogens may explain why hot flashes and other menopausal symptoms occur less frequently among Japanese women.



The estrogenic effects of phytoestrogens may also reduce the risk of osteoporosis and fractures. Genistein is one of the most important isoflavones. A meta-analysis of the effects of soy consumption on lipid levels concluded that total cholesterol, low-density lipoprotein cholesterol, and triglyceride levels can be significantly reduced by three servings of soy products per day, with

phytoestrogens accounting for 60% to 70% of the effects. Some of the commonly used herbs for relief of menopausal symptoms include black cohosh, chasteberry, dong quai, and wild yam. I shared the benefits of those herbs last summer in a Health Hunters article.

*Holistic Approaches to Hormone Therapy continues on page 6...*

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# KNOW YOUR NUTRIENTS

## RIORDAN CLINIC IODINE 12.5

Iodine is an essential nutrient, meaning that we do not produce it internally and we have to get it from our food. Unfortunately, our soil is depleted of this vital nutrient and the only effective way to make sure that you are getting enough iodine is by taking a nutrient supplement. Iodine is essential for the health of our thyroids, breasts, uterus, ovaries and prostates. Riordan Clinic Iodine 12.5 mg is a balanced formula containing both of the essential types of iodine: elemental and inorganic (they each work on different tissues). Because the iodine is housed in a capsule, versus a tablet, it is the most bioavailable and complete form that you can buy. To provide the highest quality of iodine available, Riordan Clinic has partnered with a manufacturer who also makes prescription thyroid nutrients so you can also be assured of its content and quality.



## July IV Sale

20% off select IVs

Mini Myers and 15gm Myers Infusions

Ask clinic staff for details.

*Holistic Approaches to Hormone Therapy continued from page 5...*

### Natural Hormones

Bioidentical or “natural hormone replacement therapy” is all about using hormones derived from a commonly available herb, usually wild yam or soy, and in turn, made to be the bioequivalent to human hormones in the laboratory. Therefore, they should be called “quasi-natural” instead of their common name “natural.” Yam is a wonderful example of this super food; however, increased demand for wild yam and other Dioscorea species has caused excessive harvesting. In fact, wild yam is already on the United Plant Savers “at risk” list.

#### Types of bioidentical hormones

- Estradiol (E2) is the most potent estrogen
- Estriol (E3) is the weakest of the three estrogens
- Estrone
- Progesterone
- Testosterone

### Triest

Natural hormone therapy involves taking the three forms of estrogen, progesterone and testosterone because varying levels of all of them are naturally found in the body. The combination of estrogens in a medication form is called Triest.

### Progesterone

Progesterone has anti-depressant, mood-enhancing effects, and it plays an important role in nervous system maintenance. It also helps balance estrogen levels. Taking progesterone with estrogen reduces estrogen-related side effects such as uterine fibroids, breakthrough bleeding and other estrogen dominance symptoms. Forms of natural progesterone include oral micronized progesterone, vaginal progesterone and progesterone cream. Maca root is a natural stimulator of progesterone.

### Androgens (DHEA and testosterone)

DHEA is a steroid hormone that serves as a foundation for synthesis of other steroid hormones such as estrogen and testosterone. DHEA and testosterone are essential for energy, vitality and sex drive.

### How natural hormones are administered

The most commonly prescribed delivery forms are capsules, sublingual tablets, and creams and ointments. Less utilized forms are suppositories and nasal sprays.

According to the “Essential Oils Desk Reference” (compiled by Essential Science Publishing), many women, ages 40-plus, have found that essential oils effectively combat PMS and menopause problems. Oils with estrogen-like activity include fennel, anise, and sage. To raise estrogen levels, these oils can be combined in equal proportions in a double 00 capsule (available online or in health food stores) and ingested 2 to 8 capsules per day. It was also suggested to monitor the estrogen levels through blood testing every 30 days until you have reached the level you want. Research at the Young Living Oil Clinic has shown that ingesting these oils up to eight per day does not cause side effects or toxicity to the human body or liver. One product I found interesting is a body cream, which contains progesterone, pregnenolone (a precursor to progesterone and estrogen), estrogen producing essential oils, mentioned above, blue and black cohosh.



*Holistic Approaches to Hormone Therapy continues on page 7...*





# Registration Open

## 4<sup>TH</sup> Riordan IVC & Cancer Symposium

### Addressing the Metabolic Roots of Cancer

October 3 – 4, 2014

*Two days of lectures, conversations, and camaraderie with other medical professionals who use high-dose vitamin C in their practices.*

This symposium is an excellent opportunity for IVC practitioners to become more involved with IVC Therapy, adjunct therapies and expound new approaches to treating cancer.

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Symposium (October 3 & 4, 2014) \$495\*  
IVC Academy (October 2, 2014) \$250\*

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\*Early Bird Pricing ends August 1, 2014

### The relationship between the onset of menopause and diet

A diet with good quality and quantity of protein and one high in B complex food may help delay the onset of menopause by supporting the pituitary gland, which regulates the ovaries and the female cycle.

Foods high in good quality protein are fish, organic milk products such as yogurt, cottage cheese, eggs, whole grains, legumes, nuts and seeds. Other common foods high in vitamin B include green vegetables, whole grains, wheat germ, and brewer's yeast.

### Nutrition to prevent osteoporosis after menopause

Osteoporosis is a common problem of menopausal women. There are no discrete early symptoms of osteoporosis and the manifestations of observable warning signs, such as periodontal disease, loss of height, or changes in the curvature of the spinal column are late stage indicators. To maintain healthy bones during menopause, women should include adequate intake of the minerals magnesium, manganese, phosphorus, strontium, calcium and silicon in their diet. Vitamin D levels also decline during menopause, and are necessary to assist with the absorption and utilization of calcium. An easy way to getting an adequate dose of this vitamin D is 15 minutes of direct sun exposure daily. For optimal bone health, make sure to include vitamin K and boron in your daily diet, as they work together to incorporate calcium into your bones.



### Nutrition to prevent heart disease after menopause

Risk of coronary heart disease (CHD) is much lower for women than for men of comparable age. Women's risk, however, increases significantly after menopause. This is because estrogen has a protective effect on women's hearts. Unfortunately, the level of estrogen drops significantly after menopause. This makes postmenopausal women

more prone to develop CHD. There is no magic pill to prevent heart disease after menopause. The most important thing is to eat healthy and concentrate on nutritious foods that nourish the heart and the circulatory system. The best foods that protect and nourish the heart are ones that contain beneficial vitamins and antioxidant components like polyphenols or flavonoids. Antioxidant foods—including fruit especially berries such as strawberries, blueberries, raspberries, hawthorn berries, vegetables, nuts, whole grains and legumes.

Please remember bioidentical hormones, when given in appropriate doses, relieve symptoms of menopause; but may trigger side effects. Typically, side effects from natural health regimens are minimal, especially when compared with the risks involved with the synthetic hormone therapy and pharmaceutical solutions. If you pursue alternative natural therapy for hormone balance and vitality, please consult your primary health care provider before you begin any new health regimen.

Sources:  
WEB MD  
Secrets of Self-Healing

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For more information, contact Paula Smith at 316-682-3100 or at [psmith@riordanclinic.org](mailto:psmith@riordanclinic.org)

## Lunch & Lecture Series 2014

### WHICH COMES FIRST—AGING OR HORMONE LOSS?

**Aging can feel like a race against the clock. But what if the signs of aging in your body have more to do with hormones than time?**

What are hormones? Why do you need them? What do you do if you don't have enough of them? Surprisingly, you don't lose your hormones because you get older; you get older because you lose your hormones. This lecture will explore the world of Bioidentical Hormone Replacement Therapy (BHRT) for women, as well as men. Learn how to look and feel younger, regardless of that ticking clock.



**Presenter:** Mike Bauerschmidt, MD, CCT

**When:** Thursday, July 17, 2014

12:00–1:00p.m.

**Cost:** \$10, Lunch is included.

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### A Look Ahead...

- |                           |  |  |
|---------------------------|--|--|
| <b>September 11, 2014</b> | Rev Up Your Health: The Importance of Laboratory Testing | Dr. Ron Hunninghake and All Clinic Doctors |
| <b>November 13, 2014</b>  | Conquer Stress by Renewing Your Adrenals                 | Dr. Anne Zauderer                          |

*Dates, topics and titles are subject to change.*

Call 316-927-4723 to reserve your spot for any of the above lectures or email [reservations@riordanclinic.org](mailto:reservations@riordanclinic.org). **Reservations required.**



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