



# Health Hunters Newsletter

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A service of the  
**Riordan Clinic**,  
founded in 1975 by  
founding benefactor  
Olive W. Garvey

## PRINCIPLES OF NATUROPATHIC MEDICINE

by Chad Krier N.D., D.C.



**N**aturopathic medicine is based on the belief that the human body has an innate healing ability. Naturopathic doctors (N.D.s) teach their patients to use diet, exercise, lifestyle changes, and cutting edge natural therapies to enhance their bodies' ability to ward off and combat disease.

Naturopathic physicians craft comprehensive treatment plans that blend the best of modern medical science and traditional natural medical approaches to not only treat disease, but to also restore health. Naturopaths are versed in a set of philosophical principles that guide their therapeutic strategies (see below).

The healing power of nature (*vis medicatrix naturae*), also known as "the Vis" by naturopaths, is the inherent self-organizing and healing process of living systems which establishes, maintains, and restores health. Naturopathic medicine recognizes this healing process to be ordered and intelligent.

It is the naturopathic physician's role to support, facilitate, and augment this process by identifying and removing obstacles to health and recovery, and by supporting the creation of a healthy internal and external environment.

Illness does not occur without cause, and it is the job of the naturopathic physician to identify and treat the cause (*tolle causam*). Causes may originate in many areas. Underlying causes of illness and disease must be identified and removed before complete recovery can occur. Symptoms can be expressions of the body's attempt to defend itself, to adapt and recover, to heal itself, or may be results of the causes of disease.

The naturopathic physician seeks to treat the causes of disease, rather

than to merely eliminate or suppress symptoms.

Naturopathic physicians apply a strategy known as *Primum Non Nocere* (first do no harm) by utilizing methods and medicinal substances which minimize the risk of harmful effects, and apply the least possible force or intervention necessary to diagnose illness and restore health.

Whenever possible the suppression of symptoms is avoided; as suppression generally interferes with the healing process.

Naturopathic physicians practice *Docere* (doctor as teacher). This is the original meaning of the word doctor is teacher. A principal objective of naturopathic medicine is to educate the patient and emphasize self-responsibility for health.

Naturopathic physicians also recognize and employ the therapeutic potential of the doctor-patient relationship, therefore the patient is viewed as a co-learner.

It is important to treat the whole person. Health and disease result from a complex of physical, mental, emotional, genetic, spiritual, environmental, social (and other) factors. Naturopathic medicine recognizes the harmonious functioning of all aspects of the individual as being essential to health.

The multifactorial nature of health and disease requires a personalized and comprehensive approach to diagnosis and treatment. Naturopathic physicians treat the whole person, taking all of these factors into account.

Naturopaths also believe in prevention. Naturopathic medical colleges emphasize the study of health

*continued on page 4*

## FEATURED SUPPLEMENTS

**WISE WOMAN HERBALS**  
**ALL PRODUCTS**  
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No other discounts or coupons apply.  
Expires 8/31/2010.  
For complete list of products look at page 2.

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## LETTER

### FROM THE EDITOR



Dearest Readers:

We live in a remarkable age; each of us has the responsibility and opportunity to choose what information we

find of value.

We are flooded by commercials that tell us how wonderful certain drugs are, but recently we are beginning to get a glimpse into the harm they can do.

Do you ever find yourself watching commercials and after hearing the "may cause" disclaimer, wonder why anyone would take it? Maybe it is because we are shown we will have a fast recovery and that all we have to do is take a pill. According to these ads no lifestyle change is required. It is a quick fix to all of our problems.

At the same time, we are bombarded with fast/junk food advertisements. Each vignette depicts a beautiful person devouring deceptively palatable fare. Nowhere in this 30 second ad is the nutritional content disclosed. We, as consumers, are expected to do our own research and make our own choice of whether or not we purchase the advertised item.

Because of pharmaceutical advertising and our need for a quick fix to our problems, we have been lead to believe that prescription medication is the only option to cure disease and maintain health. In reality, it usually only manages to mask symptoms. Perhaps there is another way, holistic medicine.

Holistic means body, mind, and spirit. In this issue we will focus on Naturopathic "Holistic" medicine and learn the *Principles of Naturopathic Medicine* as well as expose *The Healing Power of Nature*.

If you feel, as we do at the Riordan Clinic, that this information has the potential of helping people help themselves, then encourage family and friends to sign up for their free online subscription.

Thank you for being our readers. I hope you enjoy this issue as much as I do.

Amanda Hawkinson

Editor

P.S. Take a look at our special offer on pg 7.



## NATUROPATHIC SUCCESS STORY: Allergies & Sinuses

**A** 66-year-old female heard about the Riordan Clinic in 2003 and became a patient in December of 2005.

All of her life she suffered with allergies and sinus problems and at times was unable to leave her home because of the severity of her symptoms.

Her history also revealed a diagnosis of breast cancer (1990) and colon problems since 1999.

Dr. Chad Krier recommended the following tests: Cytotoxic Panel to detect food sensitivities, Hormone Levels, a Urinalysis and stool sample for blood, a Complete Blood Count, and a Blood Chemistry Profile.

At her next visit, Dr. Krier reviewed her test results. The Cytotoxic Panel revealed a number of foods to which she was sensitive, especially avocado, chocolate, honey, olives, and soybeans.

She was instructed to eliminate these foods from her diet, as well as other less sensitive foods. It was also noted that her candida level was elevated and her cortisol level was low.

After reviewing these results, Dr. Krier prescribed intravenous vitamin C, with magnesium, B vitamins, and zinc added. She was instructed to continue the IV's once a week for ten weeks.

Additionally, she was given Euphresia, other herbs, and Beyond-C for her sinus problems.

Over the next few months she showed vast improvement. To maintain her health, she currently takes a natural hormone replacement, and Nystatin for yeast problems. She also receives IV vitamin C as needed.

During her last visit she continued to show improvement in her overall health, even stating that she enjoyed being able to go outside without worrying about her allergies and sinuses.

Dr. Krier will continue to monitor her overall health.



## FEATURED SUPPLEMENTS



- Circulatory Pizazz
- Hawthorne Solid Extract
- Phytodiuretic Compound
- Skin Deep
- Licorice Solid Extract
- H.E.M.P. and Throatease
- Throat Mist
- Mullein & Garlic Oil Compound
- Bitter Orange Essential Oil
- Phytoest Compound
- Phytoprogest
- PMS Compound
- Women's Crampbark Compound
- Calendula Suppositories (refrigerated)
- Healing Suppositories (refrigerated)
- Vitamin E Suppositories (refrigerated)
- Women's Menocaps
- Bitter Tonic
- Phytobiotic Liquid
- Immuvir
- Phytoguard Immune
- Phytoguard Extended
- Hoxsey Like Formula
- Hoxsey Like Formula w/o Potassium
- Digestease
- Lymphagogue
- Canker Goo
- ARCH Oil Compound
- Phytogestic Compound
- Usnea/Elecampane
- Nasosymptico
- LRTI Compound
- UTI Formula
- Fluease
- Tummy Glycerite
- Phytoguard Junior Glycerite

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## NATUROPATHIC SUCCESS STORY: Hypothyroidism


**A** 60-year-old female came to the Riordan Clinic presenting symptoms of high blood pressure, hypothyroidism, and osteoporosis. Her sister, who is a patient, had recommended the Riordan Clinic to her.

Dr. Chad Krier met with her for an initial appointment and recommended the following tests: the Cytotoxic Panel for food sensitivities, DHEA (Dehydroepiandrosterone), Histamine Adrenal Stress Index, UA (urinary analysis), Essential Fatty Acids, Amino Acids, Thyroid, Hair Analysis, and vitamin and mineral levels.

At her follow-up appointment, Dr. Krier reviewed her test results and they revealed that her adrenal stress index and her hormone levels were abnormal. He also indicated that her urine vitamin C and thyroid levels were low. Her cholesterol was high, however the ratios were fine.

Dr. Krier recommended an IV Essentials repeated two times a week for 3 weeks. He also prescribed Armour thyroid and hormone replacement therapy. As she is trying to improve her stress levels and her sleep patterns she continues to get IVs (for fatigue) and takes thyroid and 5-HTP to help her sleep.

Estrose was prescribed to help her hormone levels, and Ioderol for thyroid function. She has also begun taking vitamin D (50,000 IU per week) to continue to improve her overall health.

At her most recent visit to the Riordan Clinic, tests have shown that all of her levels have improved and she says she is enjoying a more active and healthy life. 



## THE HEALING POWER OF NATURE

by Andrea Rogers, Research Scientist

**T**here is no doubt that the miracle of modern medicine is a great and wonderful thing. Drugs have been created that enhance not only length, but quality of life, when hope seemingly would be lost.

Advances in technology now allow professionals to look inside the body without cutting open the cavity and doctors can now perform surgery microscopically. However, with every great thing, there are side effects.

Each year:<sup>1</sup>

- 2.2 million US hospital patients experience adverse drug reactions to prescribed medications, causing over 106,000 deaths
- About 45 million unnecessary and/or inappropriate prescription antibiotics are taken annually
- 7.5 million unnecessary medical and surgical procedures are performed
- 8.9 million people are unnecessarily hospitalized

Not being part of these statistics would be a benefit. Preventing disease altogether would be the best option.

Naturopathy is based on the healing power of nature using a wide variety of therapies to aid and allow the body to heal itself and remain healthy by strengthening the immune function. Three of the main naturopathic therapies



we offer at the Riordan Clinic are:

### CHIROPRACTIC

Of the 70-80% of adults who experience lower back pain<sup>2</sup>, 1/3 of them will have chiropractic treatment.<sup>3</sup> Chiropractic care utilizes minimally invasive approaches; the best known is manual manipulation of the bones.

Studies have shown chiropractic treatment to manage chronic or severe back pain is better than hospital outpatient treatment<sup>5</sup> to relieve tension headaches reducing the need for over-the-counter medications.<sup>6</sup> Dr. Krier offers chiropractic care at the Riordan Clinic.

### AURICULOTHERAPY

Women in ancient Egypt cauterized or pricked their outer ear when they did not want any more children. Mediterranean sailors wore earrings to improve their vision. It was said that the cutting

of veins behind the ear and cauterization of the ear relieved leg pain, arthritis of the hip, and associated sciatic nerve pain between the 1600s – 1800s.<sup>8</sup> In the 1950s Dr. Paul Nogier discovered auriculotherapy.<sup>7</sup>

Electric pulses read from the ear help determine whether the brain is working as a whole, whether there are imbalances in the bodily systems, and whether there are blockages, like scars, that could disrupt treatment.<sup>8</sup>

The pulses from the ear have been shown to change after stimulation (heat, ice, vibration) of various parts of the body.<sup>9</sup> Diagnosis made by auriculotherapy and by conventional medicine have shown to be 75.2% similar.<sup>10</sup>

The use of auriculotherapy combined with acupuncture and moxibustion, the burning of mugwort, showed simple improvements of shoulder pain for 33.8% of cases and remarkable improvement for 59.7%.<sup>11</sup> Patients with migraine headaches responded with 35% having a reduction of severity and number and 54% having complete disappearance.<sup>12</sup>

Post pubescent women with painful menstruation show a 50% decrease of pain immediately post treatment.<sup>13</sup>

Successfully treated cases at the Riordan Clinic (with auriculotherapy) included a three day long nose bleed, lower back pain, pain associated with osteoporosis, and enuresis.<sup>14</sup> The Riordan Clinic offers auriculotherapy.

### DIATHERMY

Diathermy is used for physical therapy by raising and maintaining the temperature of a specific tissue from 98.6 degrees Fahrenheit to 105.8-113.0 degrees Fahrenheit for a period of time.<sup>15</sup>

Diathermic treatment of sprains showed reduced swelling, full recovery of strength and range of motion, improvement of walking ability, and shortened duration of disability.<sup>16</sup>


A combination in diathermy and stretching greatly enhances flexibility.<sup>17</sup> Blood flow and lymphatic flow increase with the use of diathermy, improving circulation, oxygen transport, and interstitial fluid drainage (causes swelling).<sup>18</sup>

Chronic rhinitis (stuffy nose) treated with diathermy lessens the amount of nasal fluid and sneezing.<sup>19</sup>

## The Healing Power of Nature -

Continued from page 3

Diathermy has been used in combination with radiation and chemotherapy for high risk or advanced tumors to improve control and relapse-free survival.<sup>20</sup>

Stay out of the statistics, help the body heal itself and avoid unnecessary medications and hospital procedures through naturopathic medicine. The above only touches a few of the naturopathic treatments we offer at the Riordan Clinic. 

## The Healing Power of Nature Sources

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continues on page 7

## Principles of Naturopathic Medicine - Continued from page 1

as well as disease.

The prevention of disease and the attainment of optimal health are primary objectives of naturopathic medicine. In practice, these objectives are accomplished through education and the promotion of healthy ways of living.

Naturopathic physicians assess risk factors, heredity, and susceptibility to disease, and make appropriate interventions in partnership with their patients to prevent illness.

Naturopathic medicine asserts that one cannot be healthy in an unhealthy environment and, therefore, promotes hygienic practices, organic practices, and environmentally friendly practices.

Wellness follows the establishment and maintenance of optimum health and balance. It is a state of being healthy, characterized by positive emotion, thought, and action.

Wellness is inherent in everyone, no matter what disease(s) is/are being experienced. If wellness is really recognized and experienced by an individual, it will more quickly heal a given disease than direct treatment of the disease alone.



These principles guide the practice of Naturopathic Medicine and lay the groundwork for the therapeutic order. "What is the therapeutic order?"

Therapeutic order is the basic approach that naturopathic physicians use to guide their patients to wellness. They begin with least force and move to more invasive measures as necessary.

Therapeutic order allows the physician to re-establish the basis for health by removing obstacles to cure. This is achievable by establishing a healthy regimen (i.e. healthy diet specific for the individual, weight bearing exercise, flexibility exercises, aerobic exercise and proper breathing techniques).

The next step is to stimulate the healing power of nature (stimulate the vis) by using various health promoting systems to gently, yet, powerfully stimulate the body such as nutrition, low dose botanicals, homeopathy, and constitutional hydrotherapy.



After the healing power of nature is stimulated, the physician

must tonify the weakened systems by using modalities to strengthen the immune system, decrease toxicity, normalize inflammatory function, optimize metabolic function, balance regulatory systems, and enhance regeneration.

The naturopathic physician must also correct structural integrity by involving the patient in therapeutic exercise, spinal manipulation, massage, myofascial release, electrical modalities, and hydrotherapy in order for him/her to return to optimal structural condition.

By prescribing specific natural substances for pathology the physician uses vitamins, minerals, and herbs to promote health.


Sometimes the use of pharmacological substances is necessary for pathology. A naturopathic physician may prescribe pharmaceutical drugs on a limited basis to promote a return to health.

Naturopathic doctors receive a broad medical education that includes training in both conventional and natural medicine.

The licensed Naturopathic physician receives over 630 hours of training in botanical medicine, homeopathy, hydrotherapy, naturopathic manipulative therapy, naturopathic philosophy and advanced naturopathic therapeutics. The average MD counterpart receives less than 10 hours of training in the above. Therapeutic Nutrition is a cornerstone of Naturopathic medicine.

The licensed Naturopathic physician receives over 130 course hours of therapeutic nutrition. The average MD receives less than 6 hours of nutritional course work.

The Riordan Clinic Doctors employ a naturopathic approach with all co-learners that come through our door. The whole person is assessed as an individual which enables the development of a treatment plan that is unique to them.

Become a patient at the Riordan Clinic today and reap the benefits of our progressive natural approach to medicine. 



# INFORMATION WORTH KNOWING NATUROPATHIC MEDICINE

Find the words in the grid. Words can go horizontally, vertically, and diagonally in all eight directions.

- ANALYSIS
- COMPRESS
- DRUGLESS
- HERBAL
- HOMEOPATHIC
- HYDROTHERAPY
- HYGIENE
- NATURAL
- NATUROPATHIC
- REMEDY
- SALVE
- THERAPEUTIC
- TINCTURE

H	Y	D	R	O	T	H	E	R	A	P	Y	D	D
Q	Q	K	K	G	E	M	C	M	M	N	C	L	C
J	G	B	Q	R	N	L	I	K	T	I	B	S	I
Q	T	R	B	R	A	T	H	K	H	N	R	A	T
N	T	A	N	R	N	N	T	T	M	Y	E	L	U
K	L	K	U	S	N	C	A	N	M	B	M	V	E
V	Y	T	T	T	S	P	P	L	T	D	E	E	P
N	A	Y	V	I	O	E	O	T	Y	M	D	R	A
N	M	T	H	E	N	B	R	D	M	S	Y	Z	R
R	J	L	M	L	K	C	U	P	H	X	I	W	E
L	W	O	N	B	B	P	T	C	M	K	R	S	H
M	H	N	Y	G	Q	T	A	U	X	O	K	V	T
H	Y	G	I	E	N	E	N	G	R	D	C	G	N
P	S	S	E	L	G	U	R	D	L	E	T	G	W

## HEALTH HUNTERS NEWSLETTER ONLINE

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You may join this list by filling out your information and submitting the online form. You may also call us at 1-316-682-3100 or send an email to [information@riordanclinic.org](mailto:information@riordanclinic.org).

# THINK OUTSIDE THE BOTTLE

**O**ur bodies are over 70% water, thus water consumption is an important factor in overall health and well-being.

We are very fortunate in the United States that our tap water is safe to drink, unlike many areas of the world, making it easy to integrate water consumption into our daily regimen. Not everyone is so fortunate.

Some studies suggest that as many as one in six people don't have access to safe, clean drinking water. In the U.S. water is clean and plentiful—we should consider ourselves fortunate.



The American bottled water industry is over \$15 billion dollars annually and growing-- WOW—that is a LOT of bottled water! We pitch over 38 billion used water bottles into landfills annually—which results in an estimated \$1 billion of unrecycled plastic.

Clearly the bottled water phenomenon is causing serious negative environmental impact.

In July, the Taste of Health Café was proud to sign a pledge for the organization "Think Outside the Bottle" ([www.thinkoutsidethebottle.com](http://www.thinkoutsidethebottle.com)).

The organization supports drinking our plentiful tap water verses using bottled water.

We are proud that on the Riordan Clinic campus, including the Taste of Health Café, we do not serve bottled water.



Many people who work here are committed water drinkers, but they do so via their BPA-free reusable water containers. By doing so, they utilize our on-campus reverse osmosis treated water and not bottled water.

We are taking this step to reduce our overall environmental footprint. Next time you have some water, Think Outside the

Visit

[www.thinkoutsidethebottle.com](http://www.thinkoutsidethebottle.com)  
for more information

# FUTURE EVENTS

"Naturopathic Medicine"  
What is Naturopathic Medicine  
with Dr. Chad Krier  
Thursday, August 19, 2010.  
12:00-1:00PM



**W**hat is Naturopathic Medicine? Naturopathic medicine is based on the belief that the human body has an innate healing ability.

Naturopathic doctors (NDs) teach their patients to use diet, exercise, lifestyle changes and cutting edge natural therapies to enhance their bodies' ability to ward off and combat disease.

Naturopathic physicians craft comprehensive treatment plans that blend the best of modern medical science and traditional natural medical approaches to not only treat disease, but to also restore health.

Come learn more with Dr. Chad Krier.

For reservations: contact 316-682-3100 or e-mail us at [reservations@riordanclinic.org](mailto:reservations@riordanclinic.org).  
Lunch is included. Cost is \$15.

"The Cost of Hidden Stress"  
Group Exploration  
with Dr. Ron Hunninghake  
12:00 – 1:00 pm August 10  
August 24  
August 31



**S**tress is such a huge factor in chronic illness today. This workshop is intended to take you on a journey of self discovery and give you new and personal insights into the role of hidden stress and the genesis of chronic illness.

Dr. Ron will use the chapters of "When The Body Says No," by Dr. Gabor Mate, as a springboard for group inquiry into stress and illness . . . as it relates to the real life situations of those who attend the workshop sessions.

Join Dr. Ron and learn helpful insights that can help you overcome hidden stress!

For reservations: contact 316-682-3100 or e-mail us at [reservations@riordanclinic.org](mailto:reservations@riordanclinic.org).

For reservations: contact 316-682-3100 or e-mail us at [reservations@riordanclinic.org](mailto:reservations@riordanclinic.org).  
Lunch is included. Cost is \$15 per session.

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Call Tiffany at 316.682.3100 ext. 331 today to see if your group or business qualifies for this offer.

# HEALTH HUNTERS FUTURE ISSUES

SEPTEMBER 2010

We will take a closer look at our Hyperbaric Chamber therapy and show you what a difference it can make for you.

Featuring articles by:  
Ronald Hunninghake, M.D.  
Andrea Rogers, Research  
Mavis Schultz, A.R.N.P.



OCTOBER 2010

We will show you what you can do to find out if you are sensitive to certain foods and what changes you can make in your food intake to improve your overall health.

Featuring articles by:  
Rebecca Kirby, M.D, M.S, R.D.  
Andrea Rogers, Research  
Mavis Schultz, A.R.N.P.

## The Healing Power of Nature Sources - Continued from pg 4

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Answers to  
Information Worth Knowing  
on pg 5

