



Health Hunters

Newsletter

A service of 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 to make your tax deductible donation today or visit us at 3100 N. Hillside, Wichita, KS 67219.

Optimal Kids

by Dr. Anne Zauderer

We are in the midst of a crisis. We have a generation of kids that are disappearing before our eyes. Gone are the days where “arthritis” and “Type II diabetes” are only associated with old age. **We are raising a generation of kids who are anxious, depressed, hyperactive, overweight, in pain, constipated, low energy, and who can’t sleep.** The only answer modern medicine gives us is to medicate their symptoms away. It’s a pretty bleak picture when you are told at the age of 5 that you are bipolar and will be on medication the rest of your life.



Does this sound far-fetched? Unfortunately, it is not. More than 17 million kids worldwide have been prescribed psychiatric medications (10 million of which are in the United States alone). Children age five and under are the fastest non-adult segment of the population being prescribed anti-depressants. Between 1995 and 1999, antidepressant use increased 580% in the age six and under population.



In this same population, we are seeing increases in the use of stimulants for Attention Deficit Hyperactivity Disorder (ADHD) like Ritalin and Adderall. According to the CDC, in 2011, 3.5 million children were being medicated for ADHD. In 2014, the CDC released new data that identified 1 in 68 children (1 in 42 boys and 1 in 189 girls) as having autism spectrum disorder (ASD).

According to the American College of Allergy, Asthma and Immunology, allergic diseases, which include asthma, are the fifth most prevalent chronic diseases in all ages, and the third most common in children. They also report that 8.3 million American Children have respiratory allergies, 9.5 million have skin allergies, and nearly 6 million (8%) of all children in the United States have food allergies. 4 out of 5 Americans are prescribed antibiotics each year.



Inside This Issue

Optimal Kids	1-4
Staff Highlight	3
Patient Profile	4-5
Nutrient Store	5-6
Yoga—An Ancient Powerhouse Exercise	6-7
Testing Kids Early	8

Optimal Kids continues on page 2...

Contact the Editor

Please send any comments or suggestions to newseditor@riordanclinic.org.

Thank you for reading,



Sean Osler
Editor

Like us on Facebook
facebook.com/riordanclinic

Follow us on
Twitter
twitter.com/riordan_clinic

Instagram
instagram.com/riordanclinic

LinkedIn
linkedin.com/company/riordan-clinic

Pinterest
pinterest.com/riordanclinic/

Health Hunters Newsletter

Join our mailing list to receive this monthly newsletter FREE. To sign up, go to www.riordanclinic.org or email us at information@riordanclinic.org



It appears that we are seeing worsening trends and overmedicating our children is having very little impact, if not compounding the issue. So what do we do about it?

GETTING TO THE ROOT CAUSE

When looking at the conditions children are facing today, the answer is not simple. Every child is different and the solution requires looking at them as an individual. However, there are some common trends we are seeing and effective solutions, without the use of medication. Where do parents start?

ADDRESS THE DIET

Children's diet these days is atrocious. Sorry to be so blunt about it, but there really is no other word for it! Children come out of the womb and are fed formula with the first ingredients being "corn syrup solids" or "vegetable oil." They are then fed baby food from a jar. They are then transitioned into homogenized, pasteurized



milk from cows that are injected with antibiotics and steroids. Only to be introduced to convenience snack foods that contain processed wheat, trans fats, preservatives and sugar. Then, as parents, we wonder why we can't get them to eat their vegetables! The average American eats less than 35% of their diet from whole foods. (A **whole food** is defined as a food that has not been altered or processed in any way. You will find most of your whole foods while shopping the perimeter of a grocery store.)

Shaping our kids' diet starts early (some would even argue that shaping the tastes of our children starts in utero with the mother's diet). Breastfeeding is, of course, the best way to start them off on the right foot. Even beyond that, introducing kids to whole foods and keeping them away from processed snack foods from a very early age is so important. How do we do that? Follow these guidelines:

1. Cut the sugar. Unless you are vigilant about keeping kids away from it, chances are it is sneaking into their diet in a big way. In an article entitled, "Sugar Shock" in the magazine, Parents, the author gave an example that most parents wouldn't think twice about packing a lunch for their child consisting of a peanut butter and jelly sandwich on whole wheat bread, a cup of applesauce, and a fruit punch. However, what most parents don't realize is that meal could contain up to 76 grams of sugar. That is the equivalent of four Twinkies! That is also almost double the daily recommended amount of sugar for an adult on a 2000-calorie daily diet. According to the USDA Economic Research Service, **the average child under age 12 consumes 49 pounds of sugar per year.** For some kids, they are literally eating their body weight in sugar.

2. Cut the processed foods. Processed foods have very little nutritional value and are heavily stacked with additives like food dyes, MSG, preservatives (BHA/BHT, sulfites, nitrates, sodium benzoate...etc). These foods end up replacing the

nutrient-dense foods that we should be consuming. Be cautious of anything that comes in a box. Learn to read the ingredients list carefully. If you do, you will be shocked what you are unknowingly putting in your body (and in your child's body!).

3. Give you child water with each meal. Cutting out the milk, juice, soda, and sports drinks will significantly decrease the amount of sugar your child is ingesting. If you are concerned about calcium intake, there are plenty of calcium-rich foods (that also provide a lot of other great nutrients!) such as kale, broccoli, turnip greens, almonds, and sunflower seeds.

4. Reduce the most common food sensitivities. There are certain foods that tend to trigger food sensitivities. Food sensitivities are not as easily identified as full-blown food allergies. Yet, these food sensitivities can be creeping



in and affecting your child in many ways. In children they can trigger hyperactivity, problems focusing, headaches, digestive pain, constipation, joint pain, mood swings, and sleep. The most common food sensitivities we see are: wheat, corn, soy, dairy, sugar, rice, oats, and white potatoes. Identifying and reducing these food sensitivities can have a significant impact on your child's overall well-being.

TREAT THE UNDERLYING CAUSE

Beyond the diet, there are other factors that are having an impact on our children's health. Addressing these concerns with a knowledgeable practitioner is vital to treating the underlying cause rather than just chasing symptoms.

1. Protect the gut flora. It is no question that antibiotics have been a marvel of modern medicine and have increased our lifespan. However, research has started to identify that the alteration of our gut flora can have serious consequences. This starts from birth when infants are born via cesarean section and are not exposed to their mother's flora. This can impact the diversity and populations of friendly gut flora. It continues with the routine administration of antibiotics for minor colds and ear infections. Research has shown that one round of Amoxicillin can alter gut flora in children for up to two years after the administration of it. Modern research even suggests that the changes from a single course of antibiotics could **permanently** alter gut flora.

There are definitely circumstances where antibiotics are necessary and life-saving. However, a study published in the journal, Pediatrics, looked at prescribing practices of antibiotics for children. The study suggested that doctors could be prescribing unnecessary antibiotics in about **11 million visits for children each year**. These practices are impacting the development of our children's digestive health and most parents are not aware of the long-term consequences. This is also significant because an imbalance in the population of bacteria in the digestive system has been linked to a number of different conditions including obesity, autoimmunity, inflammation of the intestinal mucosa, and intestinal permeability (leaky gut).).

WELCOME, CONNIE!



Now accepting new patients

Connie Acker, PA

Conner Acker is a born and raised Wichita, Kansas native. She went to school at Wichita State University, where she received her degree as a Physician's Assistant. She has joined our team since working with the late Dr. Watson. Having practiced medicine for more than 30 years, she has a broad knowledge of naturopathic therapies including; Prolozone, Chelation, IV Vitamin C (IVC), Hydrogenperoxide, and Glutathione. Before joining the Riordan Clinic team, she worked in Family and General Medicine administering Prolozone Therapy. Connie is now accepting new and past patients on Fridays for Prolozone Therapy, as well as additional therapies that are within her specialty.

To schedule an appointment with Connie, please call: 316.682.3100

HEALTHY KIDS PATIENT PROFILE

by Pam, Medical Assistant

When we were growing up and eating whatever was convenient at the time, we probably never thought of what could happen down the road. For some, "down the road" is not that far. A week before his 11th birthday, a young man was brought to the clinic by his mother with symptoms of sinus/congestion and was dealing with anxiety/weight gain. He had been on antibiotics and steroids almost constantly after his 3rd month of life!

More recently, he had a case of the flu. He was put on Tamiflu and after just one dose he had an episode of violent vomiting and some emotional issues. He was immunized as a baby, and would run high fevers with each round of shots. Mom states a lot of times as a baby he would vomit after the introduction of new foods.

She herself became a gluten-free eater and took her son off gluten about a year ago. He says he does feel better being off the gluten foods. His Mother found that with dairy, wheat and tomatoes he absolutely was sick to his stomach! Prior to being gluten free, he would end up in the emergency room due to blockages from constipation, bloating and stomach pains. He then used homeopathic drops for 2 1/2 years, which did help combat the respiratory issues.

At age 9 he would get really wound up about things and would get really sad for a few days. He was put on medication, but his parents want to wean him from it. He doesn't like fruit or vegetables, but enjoys chicken, hamburger, and pepperoni pizza! This guy loves school, art and swimming. He works hard to get good grades in school. He has had so many allergies that he is not interested in sports, or

Patient Profile continues on page 5...

Optimal Kids continued from page 3...

2. Heal the gut. The increasing imbalance in our gut flora, Candida overgrowth, and inflammation of the intestinal mucosa are all contributing to the prevalence of a condition known as leaky gut syndrome. This is where the cells that line our small intestine become more permeable and allow molecules into the bloodstream that should not be able to get through. Since the digestive system contains about 60–80% of our immune system, this breach in the system can have far-reaching consequences including: digestive issues (IBS, bloating, gas), seasonal allergies and asthma, food sensitivities, hormonal imbalances, skin issues (eczema, acne), mood changes (depression, anxiety), and chronic fatigue. **Until the root cause of healing the gut is addressed, most people end up just chasing symptoms**



3. Address underlying nutrient deficiencies. Nutrients are vital building blocks that the body needs to heal and repair. There are many reasons why people might be deficient in certain nutrients: key nutrients are not supplied in the diet, people lack proper absorption of nutrients, and/or people have a genetic predisposition for a higher need for certain nutrients. If any of these is the case, key biochemical reactions could be affected. Getting your nutrient levels assessed through lab testing, along with addressing the root causes, could provide valuable missing information.

It's difficult in today's world for parents to know what the best method to address the complex illnesses that their children face. Most parents are not comfortable putting their child on medications, especially if there is not a plan in place to ever take their child off those medications. However, what are their alternative options?

The Riordan Clinic is launching the *Optimal Kids Program* to give parents the opportunity to work closely with providers who understand the complex nature of these pediatric conditions and who will help parents address the root causes rather than just treating symptoms. If you or someone you know is interested please call 316.531.6242, or visit: riordanclinic.org/optimal-kids.

1. Fight for Kids. <http://www.fightforkids.org/facts.php>
2. Centers for Disease Control (CDC). <http://www.cdc.gov/>
3. American College of Allergy, Asthma and Immunology. <http://acaai.org/news/facts-statistics/allergies>
4. Hersh AL, Shapiro DJ, Pavia AT, Shah SS. Antibiotic prescribing in ambulatory pediatrics in the United States. *Pediatrics*. 2011 Dec;128(6):1053-61.



Ask questions
or schedule an
appointment
by calling:
316.682.3100

The Riordan Clinic is a not-for-profit 501(c)(3) corporation | Go to www.riordanclinic.org to make your tax deductible donation today.

NUTRIENT STORE

GREENS FIRST

Greens First is the quick, easy & delicious way for the entire family to get the recommended servings of fruits and vegetables! Enjoy the phytonutrient and antioxidant benefits of a diet rich in dark greens and brightly colored fruits and vegetables every day in one, easy-to-use product.

Greens First contains Certified Organic fruits, vegetables and barley grass which are first juiced, then dried at low temperatures, leaving all the important nutrients and live enzymes intact.

Greens First is a gluten free, nutrient-rich, phytonutrient & antioxidant super-food that helps you maintain a highly alkaline body like nothing else!

Get the Benefit of Pounds of Fruits, Vegetables & Herbs in Every Scoop!

It's good to eat your fruits and vegetables, but drinking them is even better! When you stir Greens First powder into pure, cold water, it's not only delicious, refreshing and energizing, you are helping yourself to maintain a highly alkaline body, which is essential for optimum health and well-being.

Greens First is highly concentrated nutrition and is rich in electrons which means it is a powerful neutralizer of harmful acids. (You can see that when you use the plastic scoop to get a serving out of the bottle—the negatively charged Greens First powder will cling to the positively charged plastic bottle the way that opposites do.)

Greens First provides naturally occurring and easily absorbed vitamins, minerals and macronutrients. Another important nutrient that Greens First delivers is chlorophyll, which is the substance that helps plants absorb light and make them look green. The molecular structure of chlorophyll is very similar to that of hemoglobin which is the substance of your red blood cells that helps them transport oxygen. Chlorophyll helps your blood deliver oxygen throughout the body which in turn helps to make stronger body cells and stronger blood.

Fill The Gap Between What You Eat & What You Should Eat!



With today's busy lifestyles and fast food diets, you can't always get the recommended 7–13 servings of fruits and vegetables every day. Plus, reports indicate that the nutritional quality of food has dropped considerably in the past 10–20 years as soils are depleted and lacking in essential minerals, vitamins and trace nutrients. Many foods are processed and in a box that robs them of more of their remaining nutritional value. And foods that are cooked lose still more nutrients.

Greens First is the best tasting and gluten free complete phytonutrient and antioxidant supplement that works synergistically in your body providing 49 different super foods, extracts and concentrates including supergreens, organic fruits & vegetables, probiotics, soluble and insoluble fibers, herbs, spices, natural flavonoids and enzymes so you can be sure you are getting important nutrients that your body needs every day!

Nutrient Store continues on page 6...

The Riordan Clinic is a not-for-profit 501(c)(3) corporation | Go to www.riordanclinic.org to make your tax deductible donation today.

Patient Profile continued from page 4...

even being outside much. His provider here at the clinic ordered the Cytotoxic Food Sensitivity Test/ Organic Acids test/Nutrient levels, including B vitamins, minerals, and inflammatory markers to get a good picture of his digestive health. He was put on Greens First, Zinc, D3/K2, and Eskoloft (to boost neurotransmitters).

A couple of weeks ago he was seen for a follow up appointment and brought in some lab results from his primary care physician, which showed a decrease in his inflammatory values and an increase in his Vitamin D levels. He has had good improvements in most areas of complaint. No more stomach pains, no stuffiness in the mornings, and less napping in the afternoons.

He has grown an inch and lost weight, but gained muscle mass. He is on the summer swim team. He says his mood is better and spends less time down in the dumps. Even with all the health issues he did end the school year with good grades. I know when my boys were growing up, they did enjoy the vegetables that we grew in our garden, and still enjoy eating healthier than most of their peers. I realize that starting them at a young age was crucial to helping start them down the right path of good eating! When I worked for Stan Beyrle, ND (circa 1980's–1990's) he approached the school system and tried to get them to take out pop/candy machines. The response was that the teachers were unwilling to give them up themselves.



Only 40 calories and less than 6 grams of carbohydrates per serving. Mixes easily without a blender.

Greens First is good for the whole family!

Adding Greens First to your diet may help to:

- Increase Energy Levels without Stimulants
- Boost the Immune System
- Improve Digestion
- Assist in Weight Management
- Balance Healthy Blood Sugar Levels
- Promote Mental & Cognitive Acuity
- Alkalize and Balance Body pH
- Promote Healthy Heart & Liver Function
- Reduce Inflammation, Relieve Stiff & Achy Joints
- Detoxify and Promote Overall Wellness

Greens First is VEGETARIAN, VEGAN & GLUTEN FREE!

Source:

<http://www.greensfirst.com/>

"The information in Health Hunters is for educational purposes only and should not be construed as medical advice. Readers are advised to consult a qualified professional about any issue regarding their health and well-being."

YOGA – AN ANCIENT EXERCISE POWERHOUSE

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

Hippocrates understood that no medicine could match the body's capacity to revitalize and regenerate itself. Yoga, a 6,000-year-old system of self-improvement exercise originated in India, quickly spread throughout China and is now surging in popularity in the United States. The heart of yoga philosophy lies in the belief that a self-fulfilled person is a healthy person, free from disease caused by stress and unhealthy living habits. Studies have shown that anyone who practices yoga on a regular basis can reap the benefits of improved physical tone, strength, mentally stable and calmness. Yoga enables one to naturally manage stress and anxiety through the execution of a series of poses and movements designed to enhance natural wellness by stimulating the flow of oxygen, blood, and lymph fluid, while toning muscles, increasing flexibility, endurance and concentration.



Yoga practice begins with the intention of opening the respiratory system, using the entire abdomen and diaphragm to breath. Most of us have shallow breath, which results in less oxygen in the blood, lowering energy, performance, and vitality. Yoga builds ease in control of breath, relaxing the body and quieting the mind,

Yoga—An Ancient Exercise Powerhouse continues on page 7...

SHARE your STORY



As Riordan Clinic celebrates its 40th year we would love to hear stories of your experiences! Do you have a story about a particular staff member that touched your life? A service or therapy that impacted you in a positive and lasting way? Maybe a story of an event that you attended or a note about the campus?

To share your story with us, please visit: riordanclinic.org/shareyourstory



reducing stress and enhancing relaxation. Breath integrates numerous aspects of life: your environment, your respiratory tract, your nervous system, your mind, and every cell in your body. When you learn to regulate your breath, you can enhance your physical, emotional, and spiritual well-being, all building blocks for a healthy vibrant life. Yoga practice improves your power to exhale, inhale, holding power, and power to relax. If one of these four essential parts of breath falls, short then “dis-ease” occurs and symptoms including anxiety, depression, anger, and irritation manifest, leading to more serious and harmful physical ailments. Taking a deep cleansing breath allows the body to relax and allow regeneration on a cellular level.



“The Seven Spiritual Laws of Yoga” by Deepak Chopra and David Simon suggest, “The true purpose of yoga is to discover the aspect of your being that can never be lost. Your job may change, your relationships may change, your body may change, your beliefs may change, your desires may change, your ideas about your role in the world may change, but the essence of who you are is the continuity of awareness that has no beginning or end. Your thoughts, beliefs, expectations, goals, and experiences may come and go, but the one who is having the experiences—the experience—remains.”

Yoga’s most obvious outward benefit is enhancing body tone and ease of movement while increasing range of movement throughout the muscular skeletal system. The leading cause of accelerated aging is fragility. Yoga will fortify, strengthen, and transform the body by engaging in stretching and strengthening postures, combined with rhythmic breathing and relaxation, all designed to activate the natural reflexes of internal muscles and tissues. Yoga postures strengthen organs, glands, and internal tissues while assisting to balance hormones and fight disease by increasing circulation, resulting in natural detoxification. Yoga helps coordinate balance and stamina and as we age, these skills must be challenged or they will diminish through inactivity. These techniques also develop concentration,

inner stillness, perseverance, patience, objective self-awareness, and self-acceptance.

Yoga practice can reduce many types of pain. Back pain is a common ailment and yoga opens the large hips joints, where knee and back pain often originate. Pain eases as the back’s internal muscle structure begins to gain strength and flexibility, allowing for greater ease in movement and improved posture resulting in more comfort when sitting or standing. Chronic headache symptoms can be reduced with yoga posture sequences designed to relieve tightness in the shoulder and neck areas, as tension ceases, blood flow increases to the brain, decreasing headache severity, length, or complete elimination of pain.

Regular yoga practice may also reduce the cravings for junk food. Yoga meditation coupled with an inclination towards a healthier diet, calms the nervous system, and helps combat long-term digestive issues. Yoga stimulates the body’s elimination process (peristalsis) by assisting the natural movement of food through the digestive system by increasing blood flow to the colon. Yoga is also a great sleep agent; simply engage in “before bed postures” designed to increasing blood flow through the pineal gland, increasing the release of melatonin (the sleep hormone). The pineal gland also produces serotonin (the “mood” hormone) and certain postures bring oxygenated blood into the gland improving its function, while smoothing out emotional highs and lows.



Yoga is a simple, low impact exercise program that can be practiced at any age, in any location. The physical benefits of yoga are amazing but it also stimulates the mind, enhances intuition, insight, and creativity. If you can breathe and walk, you can practice yoga.

I suggest speaking with your primary care physician about starting a 30-minute yoga practice (designed for beginners), three times a week. You will be amazed how quickly your body will positively respond to this exercise therapy.

PS... yoga has been known to improve one’s golf game!
Namaste

Sources:

“The Seven Spiritual Laws of Yoga” by Deepak Chopra and David Simon
Laurie@DonnellsHealingGarden.com

OPTIMAL KIDS PROGRAM

Improve your child's behavior, learning and mood through lifestyle and dietary modifications along with proper nutrient supplementation.

Our approach investigates the root cause for children who are suffering from behavior, learning, anxiety and depression issues. Optimal Kids is designed for parents and loved ones who want to avoid medication while still improving the child's day to day life.

and then list: "Who would benefit?
Children who suffer from:

- Poor concentration
- Poor focus and memory
- ADD/ADHD
- Digestive complaints
- Hyperactivity
- Headaches
- Developmental delays
- Asthma and allergies
- Poor sleep habits
- Food sensitivities
- Depression
- Anxiety

And please include the phone number **316.531.6242** to learn more or schedule an appointment.



Optimal Kids

Improve your child's behavior, learning and mood



TESTING KIDS EARLY

By Jennifer Kaumeyer, ND

Over the last 8–10 years I have gained so much knowledge on health/medicine from the art of Holistic Medicine. By definition “Holistic” means to be concerned with the whole rather than parts, so in Medicine it means to be concerned with the complete system of the person or the “Whole” person —physically, mentally and emotionally as well as environmentally, socially and relationally.



During an interview, I usually tell patients that I am ‘nosy’ and want to know as many details as possible—from day 1 until the present day. This is very necessary to the investigative process to help learn how the current “dis-ease” may have developed.

This process has led to many discoveries and I truly believe this process is the only way the science community will ever develop any “Cures” to the debilitating chronic diseases such as Cancer, Autoimmunity, Chronic fatigue, fibromyalgia, etc. Over the last 8 years I have discovered many trends with certain diagnoses. A good example is that with most autoimmune cases you will see Allergies, Asthma and Eczema early in life.

In most Breast cancer cases, the patient will either have had an early hysterectomy due to menstrual problems and/or fought heavy bleeding/endometriosis/fibroids during their menstrual years and 99% of the time fought constipation and/or IBS. This is such important information for practitioners to learn and know because this knowledge really helps us develop a REAL preventative approach. Let me further explain.

Through helping all of the older generation and really getting to know their past, I can use this knowledge to help guide and educate the growing generations. For example, I see many children now with eczema/asthma and allergies and I know by taking the holistic approach and educating them on proper lifestyle changes and natural therapies that they can heal from these disorders.



If we can heal them early on from the disorders that predispose or make one susceptible to other more debilitating diagnoses then we have found a CURE! Benjamin Franklin once said “an ounce of prevention is worth a pound of cure” which I agree with, however, I also believe that for many diseases prevention is the only cure.