



December  
2015  
Vol. 29  
No. 12



Riordan  
Clinic

# 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](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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Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility in Wichita, Kansas. We have integrated lifestyle and nutrition to help you find the underlying causes of your illness. Since our inception in 1975, the mission has been clear and unwavering to "...stimulate an epidemic of health."

## Sammy's Very Sick



THE AUTHOR

Verne Harnish



The following is an excerpt from a November 6th email titled "Verne's Insights" and written by businessman and international speaker, Verne Harnish. We are very fortunate to have this native Kansan, now living in Barcelona, Spain as the Chairman of our Board of Directors. Please read on as Verne describes to his readers the concept of RealHealth as outlined through two patient stories.

"Sammy is very sick"—this is how my dear friend started his email a few weeks ago. His son, a top soccer player on a Top 25 ranked college team in 2015, suddenly became debilitated by two chronic diseases that consumed him over the past four months. Living off supplements and prescription meds, he could hardly get out of bed. And to fight the depression caused by his illness, and the sudden death of a friend, his doctors suggested

adding into the mix anti-depressants. Taking a different approach, explained below, within five days "We got our son back—our fun-loving, happy Sammy—it's a miracle!" exclaimed my friends. He's back at college, continuing treatments, and talking about returning to soccer this winter. Everyone is cautiously optimistic. So far, so good this week.

**Same Happened to Me**—suffering chronic respiratory infections all my life (treated with bottles of pink antibiotics), as I hit the road (and skies) in the early 80s building a couple global non-profits including EO, I developed asthma and other chronic conditions. The traditional doctors loaded me up with medications and an inhaler and wished me luck. Thank goodness a dear friend in YPO recommended I take the same different approach as Sammy and within a few weeks I was cured—no more chronic issues. Today I'm 56, flying a quarter million miles per year across multiple time zones, taking zero prescription meds, with all the energy I need at work and home—so far, so good, as of this week.

**Get Your Data**—Sammy (three weeks ago) and I (three decades ago) both went to the non-profit Riordan Clinic. Funded by one of the Forbes400 wealthiest families and an YPOer/WPOer, the clinic just celebrated its 40th anniversary and is considered by many to be the Mayo Clinic of real healthcare (vs. sick care). Disclosure—I'm now Chairman

Sammy's Very Sick continues on page 2...

## Contact the Editor

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

Thank you for reading,



Erin Manning  
Editor

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## Health Hunters Newsletter

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of the Board. In Sammy's case, as noted by his parents "Sam entered Riordan by all accounts a depressed, sick young man with an immune system that was dead. The Riordan doctors peeled back all layers of his health, tested hair, stool, urine, blood..." and found the root causes of his problems. It's normally five to ten things, not one and not 50. In contrast, traditional



medicine pushes to find your one or two "diseases"—and once labeled as such, follows a standard protocol for everyone as if we're all the same. For me, I received my annual data set last week, with a debrief from my Riordan Clinic doctor, and now I know the handful of things I need to adjust in my diet and nutrient levels (and a genetic issue starting to cause problems I need to address) this coming year—it's slightly different each year, though many things have remained constant (coconut is still toxic to me).

**40 Years**—it took 40 years for 3D printing, cell phones, IC chips, and even electricity to catch on. The same for our work at the Riordan Clinic. Finally, nutrition-based and genetic analysis and high dose C is gaining traction.



1. New Zealand, as a country, seems to be embracing IV C after a swine flu victim was literally brought back to life a few minutes after receiving IV C. Kiwi researchers are studying the impact of IV C on cancer as well.

2. University of Iowa, University of Kansas, and many others are also using the Riordan Protocol to do formal cancer research.

3. Dr. W. Gifford-Jones, a Harvard Medical School educated doctor, suffered a severe heart attack at age 74. Being told he would only live a couple more years unless he took cholesterol-lowering drugs, he instead pursued high dose C and at age 91 is still going strong. He reiterates in his article much of what is outlined above. (Visit [www.chathamthisweek.com](http://www.chathamthisweek.com) and search "Dr. Gifford Jones", the article is at the top of the list)

4. And C is being seen as effective in preventing Alzheimer disease ([http://www.foodconsumer.org/newsite/Nutrition/Vitamins/vitamin\\_c\\_alzheimer\\_s\\_disease\\_0504151030.html](http://www.foodconsumer.org/newsite/Nutrition/Vitamins/vitamin_c_alzheimer_s_disease_0504151030.html))

Every day, more research is finally proving what the Riordan Clinic has been doing to cure patients of incurable diseases for decades. Start with data; find and correct root causes; and practice some simple routines like meditation, better eating, and short, intensive exercise—and enjoy a much better quality of life free of damaging prescription medications.

**Book and More Riordan Clinics**—There is so much confusing info out there which is why I'm spearheading an initiative to write the equivalent of Scaling Up for your health. And the board of the Riordan Clinic is looking at opening up more clinics throughout the US and the world. We need size and clout to deal with the traditional sick care system. We would love your help if you can come to the table with serious resources/interest. In the meantime, if you or a loved one is suffering any kind of chronic ailment, set up an appointment at the Riordan Clinic. Again, we're non-profit and I don't receive a penny of compensation—in fact, it's been one of our family's top charities to which we give each year. Having REAL health, as we like to call it, is important.

**To read the full content of the article please visit:**

<http://verneharnish.typepad.com/growthguy/archives.html>  
and Navigate to his November 6, 2015 post titled "Sammy's very sick".

# What is RealHealth?



**THE AUTHOR**

*Dr. Ron Hunninhake*

*Discovery consists of seeing what everybody has seen and thinking what nobody else has thought.*

—Albert Szent-Gyorgyi

Stop!  
Now, right now...stop and take a deep breath. Hold it for a few seconds.

Now breathe out slowly, as if you were carefully blowing soap bubbles.

How do you feel? Better? Just okay? Or maybe not. It's okay either way.



At least, in these last few seconds, you were living in the now. That means you were making an assessment of how you felt in the here and now. (I hope you weren't looking at your phone!)

I asked you to access data coming from your own internal senses.

Assuming you felt even a small twinge of relaxation, it was due to your own innate ability to relax. It was REAL.

Of course, you could take a tranquilizer, or a shot of bourbon, or a hit of a joint. You would also feel "relaxed"—chemically speaking that is.

Innate relaxation vs. "chemical relaxation." I put this second type in quotes. It is not real. It may feel real, but it is actually due to a chemical agent blocking some part of your nervous system. This is a net toxic effect that your body has to detoxify.

Now, I'm not against legal and safe use of "intoxicating" agents. I use this example to make a point: REAL vs. what appears to be real.

*What is Real Health continues on page 4...*

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# Doctor Call Times

**30 Minute Conference Calls for Potential Patients**

**1.800.615.2900**

Access Code #2571701



**Mondays, 5:30pm**  
**Ron Hunninhake, MD**



**Tuesdays, 1:00pm**  
**Anne Zauderer, DC**



**Wednesdays, 8:00am**  
**Karen Wheeler, APRN**



**Wednesdays, 5:30pm**  
**Jennifer Kaumeyer, ND**



**Thursdays, 5:30pm**  
**Ola Buhr, MD**



**Fridays, 1:00pm**  
**Karen Wheeler, APRN**

**Learn more about our team at:**

[riordanclinic.org/  
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# NUTRIENT SPECIAL



**SAVE 15%**

## Guai-Aid/600 100 Capsules (vGua)

\$16.95 **Sale \$14.41**

**Have you ever experienced a cold, or bronchitis?** Or maybe you have just stayed in a smoke filled or polluted air environment too long? This can cause your sinuses and bronchial tubes to become irritated, which leads to a buildup of mucous secretions. You try to blow your nose and cough, but it can be really tough to get rid of the mucous. This can result in congestion that lingers and eventually can lead to sinus or lung infections.

Guai-Aid® can help clear up your congestion by aiding in thinning and loosening congested mucus and bronchial secretions, making it much easier to breathe and expectorate by making your cough more productive. GuaiAid® can also be taken on a daily basis to prevent unwanted congestion, especially during the cough, cold and allergy season. You may find comfort knowing that because Guai-Aid® uses only three ingredients. with no extra dyes or fillers, it does not interact with other medications and is safe for those suffering from most sensitivities and sugar restrictions.

*Discount not available with other promotions, coupons, or previous purchase*

*What is RealHealth? from page 3...*



In this short article I hope to show how this distinction applies to health.

### How We Typically Define Health

When a doctor asks “How do you feel?”—your answer will take in many complex variables. You are assessing not only that particular moment, but an array of details

that relate to such things as prior medical history, recent infections or injuries, pains that have come and gone, medication and supplement use, recent stressors, and maybe even bad moods or chronic fatigue.

The doctor is concerned with assessing you for the presence of a disease. Diseases are codified clusters of signs, symptoms, lab tests, and diagnostic procedures that come together in the doctor’s thinking that leads to a diagnosis. From there, you will be prescribed a treatment, which typically is a pharmaceutical agent or some other therapeutic procedure, often done to you.

This scenario, repeated over and over again, in doctor’s offices, ER’s, and hospitals, constitutes the sum and substance of what we have come to call our health care system.

Roughly 20% of this system deals with acute signs and symptoms (that will usually resolve spontaneously.) 80% deals with chronic signs, symptoms, and lab data that usually does not resolve. There has been a monumental growth in the incidence of chronic illness in recent decades:

Heart disease	Cancer	Diabetes	Autoimmune disorders
Dementia	Allergies	Asthma	Digestive disorders
Arthritis	Obesity	ADHD	Depression/Mental illness

### Is This Really Health?

In reality, this is an elaborate sickness care system. The focus is on signs and symptoms of illness, not true health...not RealHealth.

Diseases are defined by the absence of health. Organs decline and fail. Organ specialists (such as cardiologists) define the nature of and degree of that failure.

Medications and therapeutic procedures are prescribed for these diseases. They work rapidly by blocking physiologic pathways so that the signs and symptoms of disease go away. The patient “feels better” because the bodily “check engine lights” (the symptoms) are no longer perceived. Side effects are common, especially when the meds are used long term.

Symptoms are gone, but has real health been restored? Plus, the real root causes of the sickness may continue to silently fester.

### RealHealth

What if an emerging system of physiologic measurements could directly assess the molecular functioning of your



*What is RealHealth? page 5...*

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What is RealHealth? from page 4...

body's cells and organs?

What if these measurements assessed what was needed to help your cells and organs to function better?! (Not what was wrong with your body.)

What if this personalized data (which could be re-measured and reassessed annually) would serve as a data-point analysis of your overall metabolic engine?

Year after year, this analysis could help you make ongoing, corrective LifeCare choices.

**LifeCare Choices**

We've all heard the saying: "It's your life!" Ultimately, we hold the final responsibility for how well we take care of ourselves in our day to day choices.

Of course there are many dimensions to a person's life, all of which can be very important. Yet it is the arena of physical and mental health that trumps all of these other areas. Why?

"It is health that is real wealth and not pieces of gold or silver."  
—Gandhi

"He who has health has hope; he who has hope has everything."  
—Arabian Proverb

Actually, no one disputes this idea of the importance of health. The distortion that arises is in HOW we define our own health. The big question is always—"what constitutes MY HEALTH REALITY?"



Now we are back to the question that opened his essay: "How do we define health?!"

**RealHealth—a Real Foundation for Better Lifetime Health**

*Instead of solely basing the assessment of our physical health on a diagnostic system that was designed to determine disease, why not begin measuring and cataloging the real determinants of your own cellular and organ health.*

Our personal cells (and the organs in which they function) do not know, nor do they care what designations of disease the medical profession has pronounced upon them. They depend on adequate nutrients. They expel toxicants to the best of their ability to do so. Educated humans should have any threatening disease properly diagnosed, of course.



Conventional diagnosis and treatment remains important to all of us.

Educated humans should also correct nutrient imbalances, deficiencies, injuries, hidden infections, and toxicities! These are often the pathologic root causes that give rise to chronic illness. Our bodies are then better equipped to prevent or resolve these diseases with our own innate healing capacity. This is RealHealth in operation.

What is RealHealth? continues on page 6...

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# NUTRIENT SPECIAL



**SAVE 15%**

**Herblion Cough Drops 18 Drops/Box (VHerblionL, VHerblionM, VHerblionO)**

**\$3.25 Sale \$2.76**

Available in Honey Lemon, Orange, and Mint

Herblion Cough drops are an optimally balanced combination of carefully selected plants which relieves Cough and soothes sore throat and clear nasal passages. It temporarily relieves cough due to minor throat and bronchial irritation associated with the common cold. It also provides temporary relief from the occasional minor irritation, pain, sore mouth and sore throat.

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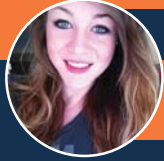
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# Prostate Cancer PATIENT PROFILE



## THE AUTHOR

Charleen Jenkins, CMA

Prostate cancer is the most common cancer in American men besides skin cancer. Cancer begins when cells start to rapidly grow out of control in a part of the body. These abnormal cells damage the DNA and then go on to make new cells with that damaged DNA. Prostate cancer is found in men, usually 65 years of age and older. The prostate is a walnut-shaped gland located underneath the bladder and its function is to produce seminal fluid. Some types of prostate cancer grow slow and there are types that are very aggressive, requiring many medical treatments. Radiation, surgery, hormone therapy, and chemotherapy are just a few of the most common treatments used by conventional oncologists. About 1 in 7 men will be diagnosed with prostate cancer in their lifetime; however, more than two million men in the U.S. count themselves as prostate cancer survivors.

The most common symptoms are difficulty urinating, a slow or weak urine stream, increased frequency and urgency—especially at night, and blood in the urine. The least common symptoms range from erectile dysfunction to pain in hips, back, and other areas where the cancer has spread to. Most cases, there will be noticeable symptoms but for some men, there are no symptoms at all. Be aware that these symptoms are also common for Benign Prostatic Hyperplasia (BPH), but it is still important to tell your doctor if any of these symptoms occur.

This patient profile is about a 67 year old man that has been coming to the Riordan Clinic since 2003 and was diagnosed with prostate cancer in 2012. He had surgery

*Patient Profile continues on page 7...*

*What is RealHealth? from page 5...*

Plus, the annual measurement of the REAL determinates of cellular health allows us to track and improve those key elements. As the famous business dictum goes, “You manage by measuring!”

## What Determines RealHealth Key Elements?

In a word—SCIENCE!

The science of disease diagnosis and management emerged out the past through the science of pathology. (Virchow studied the diseased organs of the dead.)

The science of the future is the science of RealHealth measurement and maintenance. RealHealth doctors will study the healthy living.

In 1975, with Dr. Hugh Riordan’s founding of the Center for the Improvement of Human Functioning (now named the Riordan Clinic), he initially focused on the measurement of nutrients and food sensitivities.

Working with Dr. Emmanuel Cheraskin, he found that the determination and removal of toxic metals improved health.

The list of biologic health elements has continued to grow over the last 40 years:

- **Amino acids**—the building blocks of proteins, enzymes, and neurotransmitters
- **Essential fatty acids**—key regulators of inflammation and cell membrane function
- **Fat soluble antioxidants** (vitamins D, E, K, A)—unsurpassed functional importance in overall health maintenance, inflammation control, and disease prevention
- **Water soluble antioxidants**—given intravenously and via the liposomal route of administration, groundbreaking research demonstrates IV Vitamin C’s role in cancer care and liposomal C’s role in fighting viral infection
- **Intracellular mineral levels**—for example, magnesium’s role in the methylation cycle where it is crucial for ATP formation, DNA repair, healthy brain chemistry and bone strength; minerals act as key cofactors for crucial enzymatic reactions
- **B vitamin levels**—these maintain balance in homocysteine, the crossroads molecule that regulates neurotransmitters as well as detoxification pathways
- **Bio-Functions**—liver, kidney, pancreatic, electrolytes, iron levels, blood sugar and inflammation markers, blood cell levels
- **LifeCare Hormones**—cellular energy is regulated by the balance of Free T3 to Reverse T3 thyroid hormones; the sex hormones are true anti-aging regulators
- **RealHealth Wellness**—whole foods, clean, unprocessed diet; individualized exercise plans; personalized relaxation, stress management, and quality sleep strategies; cognitive retraining and lifetime learning.

RealHealth goes beyond simple measurement. Each researched individual progressively applies his or her RealHealth data in ways that both informs and transforms their LifeCare choices.

## Will RealHealth Markers Withstand the Test of Time?

The Riordan Clinic is the birth place of Functional Medicine.

Dr. Riordan sponsored 15 international conferences on Human Functioning. Even today,

*What is RealHealth? continues on page 7...*

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our doctors lecture and travel all over the world in the ongoing search for better ways to assess and improve RealHealth.

Today there is a societal movement towards responsible self-care. The tsunami of chronic illness has alerted humans everywhere that they must participate more actively in their own health care system.

Over the last 40 years thousands of people from America, and from 47 countries around the world, have traveled to Wichita, Kansas looking for help as co-learners. They are looking for RealHealth!

Riordan clinic is now investigating nutrigenomics, human biome testing, along with non-cell-bound DNA testing as new avenues for tracking the key data points that makes RealHealth a true science of health enhancement.

RealHealth measures the molecular elements that are the very essence of life and health. We measure what makes us more resilient and better.

Cells can't function properly without good nutrient reserves, proper hormonal balance, adequate detoxification capabilities, better repair capabilities, and optimized brain/gut functioning.

Given the stress, toxicity, and disruption of our planetary food supplies, the risk of disease is still ever-present. But by optimizing the key elements of RealHealth, the risk of staying healthy will improve to counter those disease risks.

In time, constellations of RealHealth markers will contain virtual North Stars that will lead future generations to even greater heights of wellness and longevity.

### Perennial Wisdom: Focus on What You Want

In conclusion, RealHealth embodies a secret wisdom that the human race is waking up to: what you focus on is what you create!

In conventional disease diagnosis, the focus is on what you don't want – disease! So what do we now have in place? A colossal, expensive, disease management system that is getting harder to manage all the time.

By shifting to RealHealth, we pour our best energy, our most advanced technology, and all of our personal will into a singular, transformative goal: ever improving health!

We measure that which gives us what we need to regain, to regrow, to evolve, and to abundantly live in that which is the most precious of all gifts: real health.

### So just Stop!

Close your eyes and take a deep breath, and then slowly let it out.

In real time, NOW...

### Focus on RealHealth!



To learn more about RealHealth, or to become a patient, please call us at 1.800.447.7276 today!

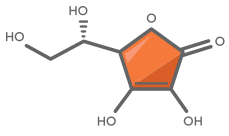
to remove the prostate and the surgeons discovered that it had grown into his bladder, so the surgery took longer than expected. This co-learner was invested in making the best decisions for his health, coming to the clinic multiple times a month for lab testing and treatments. In 2013, his PSA was stable at 0.003, then in February of 2015 it had jumped up to 0.45, which is considered high for not having a prostate.

This co-learner had decided along with the treating physician at Riordan Clinic that he wanted to have his PSA checked regularly and get IV Vitamin C twice a week. In March, his primary care physician told him that if his PSA level kept increasing, that he would have to start taking medication for it and the patient wanted to avoid taking medication. He was willing to try the Vitamin C treatment for a while before having to take any prescribed medications. After three months of IVC treatments, his PSA level dropped and was less than 0.0 in May of this year.

Since May, this co-learner has actively been getting his PSA level checked every two months and comes to the clinic to receive IVC every other week. In November, his PSA was stable at 0.04, and has maintained that level since August. This patient is a prime example of real health, in which he chose not to let the cancer win. He did his own research and saw others go through vigorous cancer treatments such as chemotherapy and medications, only to be suppressed by the treatment. He chose to take charge of his cancer and not allow it to take over him.

### Are you ready?

Talk with your Riordan Clinic provider today to see how Nutrient Lab Testing could benefit you!



# Riordan IVC & Cancer SYMPOSIUM

November 2015, Valencia, Spain



Dr Ron Hunninghake, Dr Antonio Marco Chover, Dr Thomas Levy and Dr Neus Sauri



CEO, Donna Kramme, helping attendees check in and obtain their syllabus (on the flash drive)



Director of Business Development, Mike Stewart, distributing information about the Riordan Clinic and upcoming learning opportunities



Speakers—Dr Thomas Levy and Dr Ron Hunninghake



Dr Ron going over the final test and answering any last minute questions with attendees

Dr Chover introducing Dr Hunninghake and Dr Levy as the world leaders in Intravenous Vitamin C



Famous museum in Valencia (Ciudad de las Artes y las Ciencias)



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