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**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."

## Get Ready for Summer with HCG



**THE AUTHOR**

*Karen Wheeler,  
APRN*

Time to start thinking about wearing shorts and swimming suits as the weather warms up! This can be really intimidating to those who do not have swimming suit model bodies. While your motivation for getting fit may be to look good in a bathing suit, impress somebody at a class reunion, or feel confident at a big life event like a wedding; I would encourage you to also do so for your health and well-being.

Look around and you can easily see that obesity is an epidemic in the U.S. According to the CDC website, "more than one-third of adults and approximately 17% of children and adolescents in the U.S. are obese." The leading causes of preventable deaths, which include heart disease, stroke, high blood pressure and diabetes, are obesity-related. The "State of Obesity" estimates that obesity costs between \$147 and \$210 BILLION per year to cover healthcare needs of our population as the obesity problem grows ([www.stateofobesity.org](http://www.stateofobesity.org)).



Prevention is cited as the primary way to control this epidemic. Start by getting rid of junk food and fast food, eat lots of non-starchy vegetables, low glycemic fruits, lean protein, drink half of your body weight in clean water, and exercise! When the weight is already on your body, it is time to take action to get back to a healthy weight. If you want to jump start your weight loss, consider coming to Riordan Clinic and using HCG to help you shed those excess pounds. Our program was awarded "Best Non-surgical Weight Loss Program" by the Wichita Eagle Readers' Choice in 2014. It will help you get on the right path to better health.

The basis for the Riordan Clinic HCG Rx+ Weight Loss Program was developed in Europe by Dr. Albert T. W. Simeons in the 1950s. It was his observations of pregnant women in famine, giving birth to normal weight babies, and obese women losing weight easily during pregnancy that started his interest in discovering what it was about pregnancy that allowed this to happen.

The FDA has approved HCG to treat some cases of infertility and select male hormone imbalances. The use of HCG for weight loss is considered off-label, but it has been prescribed by hundreds of providers over the past decades since Dr. Simeons discovered its weight loss potential. HCG stands for Human Chorionic Gonadotropin.

*Get Ready for Summer with HCG 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 Fagan**  
Editor

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## Health Hunters Newsletter

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Both men and women can safely take HCG for weight loss. One of the most prevalent hormones in pregnancy is HCG. Dr. Simeons' work showed that men and women given low doses of HCG are able to mobilize the "fixed" fat stored in the body.

This is the fat that is the most difficult to lose, but also the most important to get rid of because it is metabolically active. This is especially effective when combined with a very low calorie diet, because it helps reset the hypothalamus, which is the area in the brain that controls hunger and tells your body when you have eaten enough.



By taking low doses of HCG every morning and restricting calories, the body starts burning its fixed fat stores at approximately 1,000 calories a day, which results in losing 0.5 – 1.0 pound A DAY! If a person experiences low blood sugars or hunger on the program, adjustments are made to the eating program so those symptoms are controlled. Drinking plenty of water (92 ounces a day) is encouraged to flush toxins out of the body.

The foods allowed on the program are quite specific, but they are what Dr. Simeons found to be effective. On this program, the person is restricted to approximately 500 calories a day. Before you panic at that number, please consider what is going on in your body – it will be burning your fat stores (which are how you lose the weight) and the part of your brain that says you are hungry for large portions gets reset! (Please do NOT try this calorie restriction without the HCG because it may have harmful effects.)

Breakfast consists of only water, coffee or tea. Lunch and dinner each contains 3-4 ounces of protein, one to two cups of non-starchy vegetables, a fruit and breadstick. No oils are allowed to be ingested or used in food preparation (including supplements and personal hygiene products), so you must grill, bake/roast, boil or use a crockpot to cook your food. If those options are not appealing, you can use some of the new cookware that does not need oils to cook food. There are HCG cookbooks and recipes online that can be used to help with ideas if needed.

This is a whole foods diet so there are not food additives. Eating this way also works as detoxification; people often report that they have clearer skin, more energy, less pain and better mental clarity!

Starting an exercise program while on HCG is not recommended. In fact, those who are already exercising may need to decrease the intensity and duration of their workouts to prevent low blood sugars. Gentle walking and some light weights are okay to continue. Interval training can be started once in the maintenance part of the program, when calories are not so restricted.

There are a few conditions that would prohibit the use of HCG. These include pregnancy, a current cancer diagnosis and the use of some blood thinners or steroids. If a person is on medications for high blood pressure or diabetes, we encourage close monitoring of these conditions, because as the person loses weight these conditions improve, so not as much medication may be needed.

If you want to lose less than 20 pounds, the HCG Short Program is ideal for you. This consists of 23 days of HCG followed by six weeks of maintenance. For those who want to lose more than 20 pounds, there is a HCG Long Program that uses 40 days of HCG followed by six weeks of maintenance.

Get Ready for Summer with HCG continues on page 3...

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While the HCG part of this program has a very low calorie diet, the maintenance part of it gradually introduces more variety of foods at healthy portion sizes. The patient will continue to lose weight during this time, but at a slower rate. The best part of maintenance, in my opinion, is that it is a healthy eating plan that anyone can and should follow for the rest of their life! The duration of either program will help you to form healthy eating habits!

Either program comes with a day-by-day guidebook that makes it easy to keep track of what foods are allowed in the eating plan as well as weight loss progress. This tool makes it easy to follow the restrictions, even on a busy schedule! A person merely has to buy the groceries allowed on the list and then measure out the portion sizes of the meat ahead of time. Some of the food prep can even be done on the weekends for faster lunches throughout the work week.

Also included is a weekly Body Index Analysis that tells the person's weight, body mass index, body fat percentage, body water, and visceral fat rating. Meetings with a provider are scheduled every two weeks, but a patient advocate/coach is available to answer questions during regular business hours throughout the program.

Since Riordan Clinic has always emphasized the importance of nutrients, our HCG patients are provided with supplements to be sure that their body is getting enough while on a low calorie diet. This includes a multivitamin, probiotic, B-Plex and additional B12. An extra bonus is the inclusion of bloodwork such as lipids, a complete blood count and a chemistry profile.

Riordan Clinic prescribes HCG as a nasal spray or as a subcutaneous injection that is taken once a day in the morning. Either form has been found to have successful weight loss. Both forms must be refrigerated after reconstituted to the liquid form to maintain potency.

After completing maintenance, a person can decide if they want to take another round of HCG through a self-led program, if they have more weight that they want to lose. The self-led programs cost fewer because they have less provider visits and no labs. Our team is still available to address concerns, but we want to make continued weight loss with the use of HCG more affordable.

When you are ready to reshape your body and reach your weight loss goals, come see us at Riordan Clinic because we can help you make that happen!

**Addendum:** Please understand that the HCG program does not include the entirety of the functional medicine approach to health, so it limits the provider's focus to only the HCG program. If you want the FULL scope of the Riordan Clinic approach to achieving Real Health, start with becoming a new patient and let us take a detailed health history followed by a physical exam, and then a complete plan of testing and treatments that may help you feel the best you can! Then, if you want to start the HCG program, another appointment can be made to give you the focused information on the weight loss program.

**To become a patient at Riordan Clinic, please contact our New Patient Coordinator, Jason Hattrup at 316-927-4765.**

# Lunchtime Lecture

**12 p.m. – 1:00 p.m.  
Thursday, May 19th  
at Riordan Clinic  
Free, RSVP requested**

## Weight Loss: An Individualized Approach

- **HCG (Weight Loss and Anti-Inflammatory Benefits)**
- **Hormones That Affect Weight Gain/Loss (Insulin, Leptin, Ghrelin)**
- **Different Dietary Plans for Different People**

### Presenters:



**Anne Zauderer,  
DC**



**Jennifer Mead,  
ND**



**Ola Buhr, MD**

**RSVP by calling  
316.927.4791 or by emailing  
[reservations@riordanclinic.org](mailto:reservations@riordanclinic.org)  
Refreshments will be served.**



# What Diet is Right for YOU?



THE AUTHOR

Anne Zauderer, DC

**“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”**

**-- Ann Wigmore**



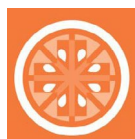
There's a lot of conflicting information out there about what we should be eating and why. Everyone claims to have “the answer” or “magic diet.” Ultimately, **why is it that so many people fail at their diet?** Statistically, 95% of diets fail and most people will regain the weight they lost in 1-5 years<sup>1</sup>.

Personally, I don't like the word “diet.” In our modern society this has come to mean a restrictive way of eating, most often in an attempt to lose weight. It implies a certain time frame. Once the diet is over, then we can go back to the unhealthy behaviors that led us to the weight gain in the first place. This mentality breeds an unhealthy relationship with food.





The model of “calorie in, calorie out,” intended to help us maintain a healthy weight, does not tell the whole story. This model implies that the reason we gain weight is because we eat too many calories and don't exercise enough. While there is some truth in this, it is only in the extremes. **More important than how much we eat is what we eat.**





Think of food as a communication to your body and genes about what is happening in the environment. What we eat is a signal to the body to help it adapt to our ever-changing environment. High-sugar, nutrient deficient food communicates something very different than a green salad with good fats and proteins. (For a more in-depth explanation, please see the Health Hunters main article in the October 2015 issue entitled “How Food Affects our Genes” by Dr. Ola Buhr.) Foods can heal you or they can make you sick... depending on which foods you choose.

So the question must be asked, what should we eat? Outlined below are four different, popular “diets” (or more accurately, lifestyle changes) that each help with not only getting rid of excess fat in the body but also healing it. See which one is right for you!



**If you would like more information on how to eat healthy, attend the Food as Medicine course every Tuesday from 2:30 – 4:30 p.m. at the Riordan Clinic.**

	What it is used for: 	What do you eat: 	Foods to avoid: 
<b>Paleo Diet</b>	The Paleo diet is used to help reduce foods that trigger an inflammatory response in the body. This type of diet is loosely based on how our hunter/gatherer ancestors ate. It promotes a whole foods diet with minimally processed foods. There is an emphasis on good quality, grass-fed meat and organic fruits and vegetables.	Grass-fed meat, fish/seafood, eggs, nuts/seeds, vegetables, fruits, low glycemic sweeteners (maple syrup, honey), healthy oils (olive oil, coconut oil, avocado oil)	Refined sugar, all grains (wheat, corn, oats, rice etc.), dairy, white potatoes, beans, processed food, vegetable oil, hydrogenated oils, candy, fruit juices, and soda.

	<b>What it is used for:</b> 	<b>What do you eat:</b> 	<b>Foods to avoid:</b> 
<b>Specific Carbohydrate Diet (SCD)</b>	<p>The SCD was originally developed for Crohn's disease, ulcerative colitis, celiac disease, diverticulitis, cystic fibrosis and chronic diarrhea; however, it is safe for anyone to use. It promotes avoidance of complex sugars that feed bacteria and yeast in the intestinal tract.</p>	<p>Eggs, chicken, turkey, beef, fish, pork, lamb, most vegetables, SCD yogurt, natural 30-day aged Cow and goat cheeses, butter, ghee, and dry curd cottage cheese, almonds, pecans, Brazil nuts, hazelnuts, walnuts, cashews, chestnuts, peanuts, white beans, navy beans, lentils, split peas, lima beans, kidney beans, and black beans.</p>	<p>Wheat, barley, corn, rye, oats, rice, buckwheat, millet, bulgur, spelt, quinoa, ham, processed sausages, lunch meats, canned vegetables, canned and most fruit juices, soybeans, chick peas, bean sprouts, fava beans, garbanzo beans, commercial yogurts, milk of any kind, unnatural cheeses (Kraft and most other mainstream shredded cheeses), all of the following cheeses: cottage, cream, feta, mozzarella, ricotta, processed cheese spreads, white potatoes, sweet potatoes, parsnip, cornstarch and tapioca starch.</p>
<b>Ketogenic Diet</b>	<p>The ketogenic diet was originally used to help control epileptic seizures in children. Currently, it is used for brain-based disorders (such as Parkinson's and Alzheimer's), quickly losing fat (especially abdominal fat), reducing lipid levels (like cholesterol and triglycerides), lowering insulin and blood sugar levels, and even metabolic disorders such as cancer. It is a high fat, low carbohydrate diet. Generally, people who consume this diet eat 70% of their daily calories from good quality fats, 25% from protein, and less than 5% from carbohydrates.</p>	<p>Avocado, butter, coconut oil, olive oil, flax seed, peanut butter, salmon, tuna, trout, shellfish, whole eggs, meat, pork, poultry, low carbohydrate vegetables (asparagus, broccoli, carrots, cauliflower, celery, cucumber, green beans, mushrooms, onions, bell pepper, lettuce, snow peas, spinach, squash, tomato), heavy whipping cream, hard and soft cheeses, sour cream, cottage cheese, nuts and seeds and limited berries.</p>	<p>High carbohydrate foods: most fruits, tomato-based products (tomato sauce with added sugar), red and yellow peppers (green are lower in carbs), wheat, barley, corn, rye, oats, rice, buckwheat, millet, bulgur, spelt, quinoa, white potatoes, sweet potatoes, sugar, honey, maple syrup and milk.</p>
<b>Candida Diet</b>	<p>The Candida diet is used for those who have tested positive for overgrowth of Candida. Candida is an opportunistic, pathogenic fungus that tends to grow when the immune system is weakened. The most common causes of an overgrowth are: antibiotic use, high consumption of sugar, and stress. The symptoms of Candida overgrowth include: brain fog, craving for sweets, acid reflux, fungal infections on the skin and nails, white coating on the tongue, acne, and recurring yeast infections.</p>	<p>Non-starchy vegetables (asparagus, avocado, broccoli, Brussel sprouts, cabbage, celery, cucumber, eggplant, kale, olives, onions, spinach, tomatoes, zucchini, plain yogurt, beef, chicken, lamb, turkey, eggs, fish, nuts and seeds, buckwheat, millet, oat bran, quinoa, oils (such as coconut oil, olive oil, flax oil, sesame seed oil), stevia and xylitol.</p>	<p>Sugar, honey, chocolate, alcohol, wheat, rye, pasta, spelt, corn, rice, fresh fruit, dried fruit, canned fruit, fruit juice, potatoes, carrots, sweet potatoes, yams, beets, peas, parsnips, pork products, cured and smoked meats, processed meats, cheese, milk, cream, coffee, black &amp; green tea, cashews, peanuts, pistachios, beans, chickpeas, tofu, soy milk, mushrooms, condiments (ketchup, mayonnaise, mustard, soy sauce), peanut oil, corn oil, and canola oil.</p>

**1. Statistics on Weight Discrimination: A Waste of Talent, The Council on Size and Weight Discrimination, Retrieved July 18, 2011, from (<http://www.cswd.org/index.html>)**

# PATIENT PROFILE

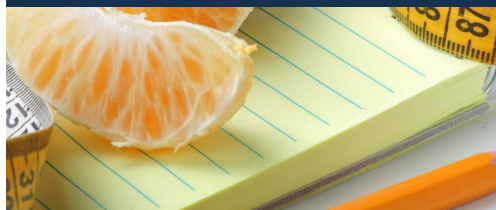
## HCG Program



### THE AUTHOR

Pam Olberding, MA

Feel hungry all the time? Is binge eating a problem? The Riordan Clinic received an award from the Wichita Eagle for being voted the Best Non-Surgical Weight Loss Program in the Wichita, Kansas area last year. HCG is the hormone women produce when they are pregnant (the program works very well for men too). We have a short program for people who only need to lose 20 pounds or less and a long program for those wanting to lose more than 20 pounds. It comes in a nasal spray formula or an injection with a very small needle put just under the skin. Recently, a co-learner decided to do the program again after being one of the first to do the program on a trial basis when it was initiated at Riordan Clinic. She did comment that if, during the program, she had cheated, she would not beat herself up about it, and would get right back on the program. The patient told me that she lost 20 pounds on the short program and lost another 10 pounds during the 6 week maintenance phase of the program. Over the 5 years she has maintained the 20 pound loss. Now she is starting again to help avoid her salty food cravings and she would like to have her clothes be more comfortable again! The hunger pains for her did come at times, but she soon realized that those pains meant she was burning fat away and eating fewer calories that resulted in weight loss; which had not happened before doing the HCG. As a co-learner through our clinic, she suggests embracing those hunger pains and the reward will be losing weight and getting on a better path to a healthy life!



Interested in learning more about our HCG Program? For more information please visit: [RiordanClinic.org/health-hunters-news/](http://RiordanClinic.org/health-hunters-news/)

# Book Review: "Eat Fat, Get Thin" by Dr. Mark Hyman



## WRITTEN BY:

Dr. Ron Hunninghake,  
Chief Medical Officer

## EAT FAT, GET THIN

The Surprising Truth About  
The Fat We Eat—the Key to  
Sustained Weight Loss  
and Vibrant Health



Mark  
Hyman, MD

#1 BESTSELLING AUTHOR OF  
*The Blood Sugar Solution*

"Eat Fat, Get Thin," a book by Dr. Mark Hyman, discusses why the fat we eat is the key to sustained weight loss and vibrant health. Dr. Hyman is a premiere Functional Medicine doctor, author, and speaker in the United States.

A victim of chronic fatigue, obesity, depression, and mercury toxicity, Dr. Hyman fought his way back to better health by utilizing the same principles of Real Health that we use here at the Riordan Clinic.

Dr. Hyman rediscovered whole (real!) foods. These foods naturally contain healthy fats. If you could ask any farmer around the end of World War II, they would have told you that on their farms they ate a lot of healthy fat... and lived long and well.

What happened? The advent of chemical farming with heavy use of hybrids, herbicides/pesticides, chemical fertilizers, and genetic modification. This resulted in a massive change in the quality of human food consumption.

Tragically, scientific arrogance led to the incorrect interpretation of data regarding cholesterol and saturated fats. Fears surrounding the rapid rise in heart attack deaths resulted in a huge low fat, low cholesterol movement spearheaded by the U.S. government. Drug companies developed highly profitable cholesterol lowering agents. Sugar replaced fats in the modern diet. A perfect storm of insulin resistance, fat-inducing psychotropic drugs, nutrient-depleted foods, and high levels of toxicity and stress triggered a massive rise of obesity in western civilization.

Science is now acknowledging its error. But millions still suffer the physical and psychological consequences of these giant errors. What is the solution?

*Eat Fat, Get Thin!* Eat real, clean, healthy fats as part of whole foods, low refined carbs plan, in the context of rational exercise and healthy supplements. In the book, Dr. Hyman explains these principles, gives you examples, and shows you how.

***The Riordan Clinic will soon be embarking on a support system to help you regain your health by eating good fat and losing the bad fat. Sign up for our newsletter emails to receive notifications regarding this and other great programs!***

**"Eat Fat, Get Thin" \$28, Hardcover,  
Available at [store.riordanclinic.org](http://store.riordanclinic.org)**



# Food *as* Medicine

A foundational nutrition course



Course taught by  
**Anne Zauderer, DC**

## There are a lot of questions in today's world about what to eat, how to eat and why.

This in-depth course will connect the dots and address some fundamental questions behind how our diet impacts our health and well-being and how it contributes to the progression of chronic disease.

**Held every Tuesday from 2:30 - 4:30 pm  
at the Riordan Clinic.**

\$15 for an Individual | \$10 for Course Book | 17 and Under are Free

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Offer valid through May 31, 2016. Offer not valid with other offers or coupons.

# A Case for Making Homemade Flaxseed Nut Bars



THE AUTHOR

*Karen Moore,  
Laboratory Technologist  
and Food Blogger*

Need a tasty snack that is perfect for that 3 p.m. energy slump? Now why, you may ask yourself, should you go through all the trouble of making your own bars when there are perfectly delicious, conveniently pre-packaged bars available in any grocery store? Because you can customize! If you cannot live without Brazil nuts, are crazy for cashews, or have any kind of nut sensitivity, substitute your nut of choice in equal volume to the total in the recipe. If you like, you can substitute up to a cup of nuts for an equal volume of dried fruits such as cranberries, blueberries, raisins, coarsely chopped cherries, apricots or mangos. If you are really daring, you can even throw in some toasted coconut!

## DIY Flaxseed Nut Bars with Optional (Not Really) Dark Chocolate Drizzle

### Ingredients:

- 1 1/2 cups whole unsalted almonds
- 1 cup whole unsalted peanuts
- 1 cup walnuts, coarsely chopped
- 1/2 cup puffed rice or puffed millet
- 2 tablespoons flaxseed meal
- 1/3 cup honey
- 1/2 cup brown rice syrup
- 1/2 teaspoon sea salt
- 1 teaspoon vanilla



### Directions:

Spread the nuts on a large ungreased baking sheet and roast at 350 degrees for 15 minutes until they smell toasty and divine. While the nuts are cooling, lightly spray a 9 x 13 inch pan with non-stick cooking spray or grease with oil if you'd rather. Line the pan with aluminum foil, leaving a couple of inches overhanging on each side. Spray/grease the foil. Do not skip this step if you want to actually get the bars out of the pan. Trust me.

Lightly oil a large bowl and then add the cooled nuts. Add puffed rice/ millet and flaxseed meal. Stir to combine and set aside. In a deep, small saucepan, combine the honey, rice syrup, salt, and vanilla. Bring to a boil over medium-high heat and cook, stirring frequently until the mixture reaches 255 - 260 degrees on a candy thermometer. If you don't have a candy thermometer handy\*, just let it boil for about 2 to 3 minutes stirring frequently. Either way, it will be delicious, though the no-thermometer method might yield a softer bar. Immediately pour the hot syrup over the nut mixture and stir to combine. Quickly transfer to the prepared pan and using lightly oiled hands, spread mixture evenly, pressing hard to compress and to make sure it is evenly distributed with no gaps. You don't want bars with holes. You can use the bottom of an oiled measuring cup to flatten and even out the bars, if you like. Let the bars cool for about 20 minutes (the bars need to be still slightly warm to cut) then invert the pan and tap to remove the bars. Use the overhanging foil to help get the bars out of the pan. Remove the foil and cut into 20 bars.

\*Oven Method: Another option, if you don't have a candy thermometer, is to bake the bars in a 300 degree oven for 25-30 minutes, until golden brown.

A note on cooling: If you lost track of time and the bars have cooled and become too brittle to cut, don't fret! Re-warm them for a few minutes in a 350 degree oven and they will soften nicely.

**Dark Chocolate Drizzle:** Optional (Really though, why wouldn't you?) Place the completely cooled, cut bars on a sheet of parchment or wax paper. Combine the chocolate chips and oil in a microwave safe bowl. Next, microwave in 30 second intervals and stir in-between, until the chocolate is melted. Using a fork (or a squeeze bottle if you are feeling fancy) drizzle the chocolate diagonally over the bars. Allow chocolate to cool and harden completely before storing. If you are feeling particularly decadent, double the chocolate drizzle recipe and melt in a bowl large enough to accommodate one cut bar. Then dip the entire top of the bar into the chocolate, allow the excess to drip off, and place chocolate side up on the wax or parchment paper to harden.

Store the completely cooled bars in an airtight container. Wrap them individually in parchment paper for grab and go convenience, or in layers separated by parchment paper. The bars can be stored at room temperature for up to 1 week, but I prefer to refrigerate for a firmer texture. The bars can also be frozen for long term storage.

