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Riordan  
Clinic

# Health Hunters

## Newsletter

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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."

## In Defense of Estrogen



AUTHOR

Phyllis J. Bronson, Ph.D.

The etiology of the aging female has taken on a life of its own in the Western world, where the most basic academic aspects of how to contain the aging process are shunned, often in the quest driven by the "addiction to perfection." So women seek BOTOX® to numb their wrinkles and their faces, and plastic surgery for every flaw.

The most important hormone of the female biology, 17-beta estradiol (E2) has recently been misinterpreted and vilified, leading women to believe that they are allergic to their own biology. As a result, many women have begun to seek answers from pharmaceuticals instead of working to replenish their own bio-identical chemistry. Estrogen is the critical molecule for the aging female and acts as a defense against depression and loss of cognitive function. A wealth of data suggests that if E2 is supplemented at the proper age it has profound, beneficial effects on all aspects of a woman's healthy biology, including moods and emotion, heart disease, memory, bone density, and cancer risk. Alzheimer's disease may be slowed or halted due to regulatory mechanisms on beta amyloid protein.<sup>1</sup>



Progesterone is a secondary female hormone, but also of great importance to a woman's health and moods. The introduction of synthetic "progestins" as analogues of true progesterone has led to a great deal of confusion among women and their physicians. This is why birth control pills, given for the purpose of sustaining hormones, are the wrong choice for mid-life women; they contain synthetic progestins which cause many women to feel very bad, particularly emotionally.

On the other hand since the original work with progesterone by Katarina Dalton, M.D., in England many years ago, physicians trying to establish the importance of progesterone have deemed it the molecule of most significance for women. This is simply untrue and misleading. Estrogen must be present in sufficient quantity in order to be properly "mediated" by progesterone. If this is not the case, and the woman uses progesterone to excess, those vulnerable to depression will become more so. Estrogen in the human female is a composite of three molecules produced by our bodies: Estrone (E1); Estradiol (E2); and, Estriol (E3). For the purpose of this article estradiol is of primary interest and is identified as 17-beta estradiol, or E2. Estradiol is the most potent form of estrogen and makes up about 10% of the estrogen produced by the ovaries. Estrone is 12 times weaker in terms of biological impact and also makes up about 10% of a woman's normal estrogen levels; however, it is a much more toxic estrogen. In fact it may be the principal culprit in estrogen toxicity, as will be explained. Until recently it was assumed that there was a simple equilibrium reaction between estradiol and estrone, that estrone was produced via synthesis from estradiol, primarily in the liver. The current interpretation is that as women age, they produce a great deal of estrone in their fat cells (and many women gain weight and have bigger fat cells as they age) thus there is more estrone production.

"In Defense of Estrogen" 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,



**Dr. Anne Zauderer**  
Editor

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*"In Defense of Estrogen" continued from page 1...*

Estriol is the weakest form of estrogen and though it is 80 times weaker than estradiol it makes up about 80% of a woman's estrogen. Estriol is produced by conversion from estrone; this occurs through the down-regulation of estrone to the toxic 16-alpha hydroxy estrone and then to the relatively inactive estriol in the liver. Estriol appears to counterbalance estrone's toxicity. Asian women who eat a diet high in traditional fermented soy products, and have higher levels of estriol, appear to have less gender cancer. The inference is that estriol somehow plays a "protective role," possibly by creating fewer toxic metabolites. Epidemiological studies have linked soy to a decreased risk for breast cancer. Soy isoflavones, sometimes referred to as natural selective estrogen receptor modulators (SERMs) show interference with the binding of certain estrogens to SHBG.<sup>2</sup>



**"One hundred years ago women achieved menopause at about the same time as their life expectancy ran out. Over the last century life expectancy for women has almost doubled; women can now expect to spend about half their lives in menopause."**

Estrogen plays a major role in the neurobiology of aging because all women experience a significant drop in this hormone at menopause. One hundred years ago women achieved menopause at about the same time as their life expectancy ran out. Over the last century life expectancy for women has almost doubled; women can now expect to spend about half their lives in menopause. There is no precedence for transition into the mid-life years, or indeed into older age. Concurrent with the increase in life expectancy, over the past 50 years menopause became a medical condition and has been treated as such by the pharmaceutical industry and the medical establishment. In response, the medical profession told most women approaching menopause to take estrogens. About 25 years ago, as a result of observed endometrial problems, doctors were told that women needed "progestins" to protect them. Thus began the introduction of the synthetic progestins to the pharmaceutical scene, which has been a catastrophe for women.

Progestins are synthetic analogs of progesterone but are not actual progesterone. In fact, their mechanism of action is quite distinct, and these drugs have harmed many women. For example, true progesterone is a very strong diuretic, while the synthetic progestins actually promote fluid retention.<sup>12</sup>

For years the standard practice in gynecology has been to put women on Hormone Replacement Therapy (HRT). Then in July 2002, the Women's Health Initiative Study (WHIMS) was abruptly halted. This was due to the inference that women on these drugs had various degrees of developing pathology. What was not noted at the time was that the demographic of the study was so flawed that a statistically relevant number of the women in the study had hypertension, diabetes or were obese. Further complicating matters was the fact that the majority of the women had started on HRT well past the onset of menopause, averaging 10 to 15 years. It is now suspected that major aspects of aging happen at the time of menopause and are much more difficult to rectify later, and may become worse with treatment, although this is certainly being challenged. The study had two components: Prempro for women with intact ovaries and uteruses (terminated in July 2002) and Premarin only for women who had had hysterectomies (terminated in March 2004).

The Prempro study showed an increase in breast cancer in approximately 2.5% of women: this is not statistically relevant. The study was stopped but not for the right reasons. The scientific community has known since 1997 that Provera has negative implications on the female cardiovascular system because it decreases vascular function.<sup>13</sup> The Premarin only study data showed no increased risk of breast cancer or heart attacks but an increased risk of stroke for women over 60.<sup>14</sup>

### Mood and Emotion

Women are faced with a myriad of choices regarding menopause, and confusion reigns. The assertion here is that the science is often being overlooked and other variables

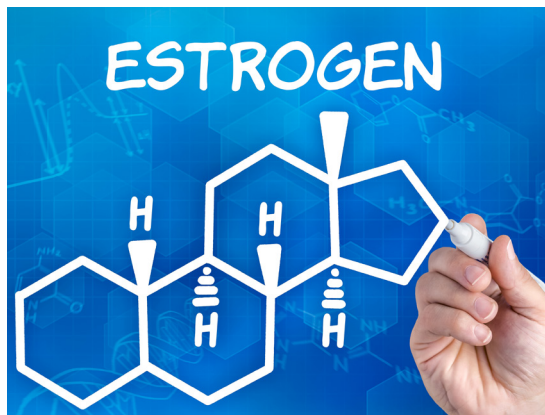
*"In Defense of Estrogen" continues on page 3...*

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given precedence. Data from numerous laboratories indicate that Hormone Replacement can have multiple benefits on cognition and general brain function.

Over the past 20 years there has been a developing body of clinical work looking at neurological changes as correlated with declines in estrogen, particularly whether loss of primary estrogen (17- beta estradiol) is predictive to onset of clinical depression in the demographic of vulnerable women. In a study of women with treatment resistant depression conducted at MIT,<sup>15</sup> Edward Klaiber found a correlation between high monoamine oxidase levels and low levels of estradiol and testosterone. Monoamine oxidase is a potent catecholamine inactivator. It scavenges serotonin, norepinephrine and dopamine. Dr. Yutaka Kobayashi, a biochemist at the Worcester Foundation, and Don Broverman at MIT found a strong statistical relationship between low levels of MAO and high levels of serotonin and testosterone. Dr. Klaiber started giving the women higher than average amounts of testosterone and estrogen and the depressions lifted in a significant number of cases.



Far from being the cause of problems in the aging female human, the data strongly suggest that a lack of hormones, most significantly 17-beta estradiol, precipitates a decline of well-being in mid-life women, and this pattern is acknowledged to exist as a precursor to many degenerative conditions, notably mood and sleep disorders. According to S.L. Berga, key systems mediated by estrogen are the basal forebrain, which regulates attention, and the forebrain cholinergic system, which regulates memory.<sup>16</sup>

The WHIMS showed that women using conjugated equine estrogens plus MPA (medroxy progesterone acetate) had an increase in dementia over a five-year period. Data from the physical 150 Journal of Orthomolecular Medicine Vol. 22, No. 3, 2007 chemistry lab of the University Of Denver suggest that the difference in progestin versus progesterone molecules is extremely significant and is overshadowed by other aspects in these large randomized studies.<sup>17</sup>

The seemingly limitless prescriptions for anti-depressants continue to be written. Physicians, primarily but not exclusively male, have been observed to lecture that "women don't need hormones, they need Prozac" (personal observation) despite the fact that the significant factor in mood regulation for women is allegedly hormonal. Women themselves are consistent in reporting that their major mood changes have occurred throughout their lifetimes in synergy with hormonal fluctuation. Bronson, Bruice and Whitcomb tracked women over 12 years looking at transition in serum estradiol levels correlating with flat affect depression.<sup>18</sup>

The data clearly shows correlation with E2 trends and mood. Two thirds of the women reporting long histories of flat affect, resignation depression stated that "the only time they were mentally up" was in the week after menses, so days 7-14; this correlates with the time of rising estradiol. As women age, the E1 levels rise naturally, due to increased density of fat cells, and the corresponding increase in E1 production from these cells. In order to overcome this, women need more E2 to drive the reaction the other way. As E2 levels rise with exogenous, transdermal application, and E1 levels diminish, the depression often lifts. Women report feeling this effect in as little as two hours after use.<sup>19,20</sup>

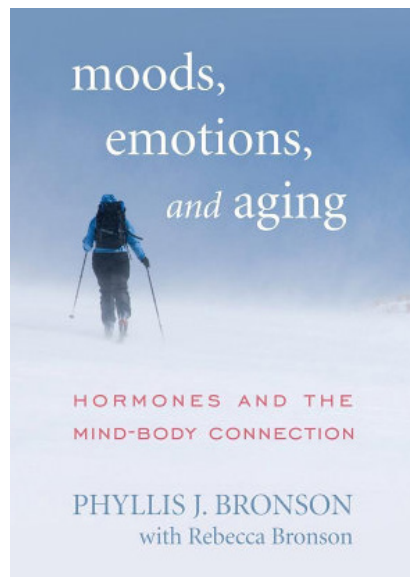
## Conclusion

The past four years have been a lonely battle for researchers in primary hormones. It is difficult, but absolutely necessary, to take a stand against the medical establishment for the future of science and man/womankind. Knowing the molecular aspects of hormone biology as we do, it would be wrong not to speak up. The unfortunate result of the interface of the pharmaceutical and medical worlds, as is dominant in today's medical culture, is that research is not unbiased and that science often gets pushed aside if the results are contradictory to the goals of the pharmaceutical industry. Pure, basic research remains a critical area and must confront the medical status quo. This is happening now with the hormone issues. For example, many doctors know, empirically, that many women thrive on estrogen, yet are dictated to by their peers to halt HRT until better drugs come out.

Our assertion, from the field of Orthomolecular Medicine, is that there are often no better 'drugs' than the human hormones and other chemicals that already exist in the body that simply need to be restored or enhanced with bioidentical chemicals. This is the ideal way to approach imbalances in hormone and other biochemical systems.

Dr. Phyllis Bronson holds a doctorate in biochemistry. Her ongoing research involves studying the biological impact of molecules on mood and emotion. Dr. Bronson works with women who have hormone-based mood disorders utilizing her original research on human identical hormones. She lives in Aspen, Colorado, and is President of Biochemical Consulting and The Biochemical Research Foundation. Her book, *Moods, Emotions, and Aging: Hormones and the Mind-Body Connection*, is available for purchase at: [store.riordanclinic.org/](http://store.riordanclinic.org/).

**This is an abbreviated version of the article, "In Defense of Estrogen." It was first published in the Journal of Orthomolecular Medicine, third quarter 2007, Vol 22 # 3. It was reprinted with permission from the author. The full text and references can be found at [riordanclinic.org/health-hunters-news/](http://riordanclinic.org/health-hunters-news/) or <http://www.orthomolecular.org/library/jom/2007/pdf/2007-v22n03-p147.pdf>.**



# Upcoming Events

**December 1st**  
**7pm – 8pm**

## Evening Lecture – Give Thanks for Your Gut



Hosted by GreenAcres Market (Kansas City), Dr. Nia will be speaking about the importance of gut health and how that affects the progression of many chronic diseases.

**December 26th**  
**Merry Christmas!**

Riordan Clinic CLOSED for the Christmas holiday

**January 18th**  
**Noon – 1pm**

## Lunch and Lecture – A Natural Approach for Infertility



Join us at the Riordan Clinic, Wichita campus to discuss with Dr. Jennifer Mead some of the root causes behind

why women struggle to conceive. Also, learn what you can do to best prepare yourself for pregnancy.

Reservations can be made by calling 316-682-3100 or emailing: [reservations@riordanclinic.org](mailto:reservations@riordanclinic.org).

\*Complimentary light refreshments will be served

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# The Hidden Dirty Dozen: Chemicals that Disrupt our Hormones



**AUTHOR**

TaNeisha Webb, AAS



From the time of conception, each developmental stage is under control of hormones. Hormones are chemical messengers that are secreted directly into the blood, which carries them to organs and tissues of the body. Acting on different aspects of bodily functions and processes, they are responsible for development and growth. They also regulate mood, sleep and weight. To avoid traumatic change to

the body or even shortening of life, we must be aware and conscious of everything we use in our daily lives. There are things we do and use on a daily basis that we may not have known could disrupt our hormones. The toothpaste we brush our teeth with or the shampoo we wash our hair with could be harmful to our health. Below is the "Dirty Dozen", a list of harmful, hormone-altering chemicals to avoid:

1. **BPA:** BPA tricks the body into thinking it is real. Cancers, heart disease and other reproductive problems have been linked to BPA, which is found in the lining of food cans, cash register receipts and hard plastics.
2. **Dioxin:** Dioxin disrupts the signaling systems of sex hormones in male and female. Since they are very long-lived they can cause developmental problems beginning in the womb. Avoid this chemical by decreasing the amount of meat you consume.
3. **Atrazine:** Atrazine is an herbicide that is strong enough to feminize male frogs. It has been linked to breast tumors, prostate cancer and delays in puberty. Choose organic produce and filter your water to avoid this dangerous chemical.
4. **Phthalates:** Phthalates cause testicular cells to die sooner than they should. They have also been linked to different hormone changes, such as low sperm count, birth defects in the male reproductive system and even thyroid irregularities. Limit exposure by avoiding products with fragrances, vinyl flooring and plastic food containers.
5. **Perchlorate:** Perchlorate, an even more dangerous chemical, is found in rocket fuel. In the body perchlorate competes with the vital nutrient iodine. When the thyroid gland can't make thyroid hormones, perchlorate can dangerously alter thyroid hormone balance. Avoid this chemical with proper filtering of your water.
6. **PBDEs:** Fire retardants or polybrominated diphenyl ethers (PBDEs) imitate thyroid hormones and disrupt their activity. Found in things like furnishings, vehicles, and electronics, there is virtually no way to avoid them.
7. **Lead:** Lead is a more commonly known contaminant. When hormone signaling is disrupted, so is the HPA axis, the body's major stress system. That particular stress system regulates blood pressure, blood sugar, anxiety and depression.
8. **Arsenic:** Arsenic, although a naturally occurring element, is very deadly. It has found its way into our drinking water and food. This particular poison has been linked to bladder, lung and skin cancers. Avoid it by properly rinsing rice and filtering your water.

"The Hidden Dirty Dozen: Chemicals that Disrupt our Hormones" continues on page 5...

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9. **Mercury:** Mercury is also naturally occurring, but it can seep into the air and water. Hormones that regulate menstrual cycles and ovulation are affected by mercury. Sushi and certain species of fish have been shown to contain mercury.
10. **PFCs:** Perfluorinated Chemicals (PFCs) affect about 99% of the American population. Now banned from use, these chemicals are still being found in subsequent generations. It can damage the thyroid and sex hormones. It causes symptoms like low sperm count and low birth weight. Eliminate this from your household by avoiding nonstick cookware, stain resistant furniture and carpet treatments and microwave popcorn.
11. **Organophosphate Pesticides:** Organophosphate Pesticides affect brain development, behavior and fertility. Produced for chemical warfare, this compound ended up as an insecticide. The chemical has harmful effects such as altering the way testosterone communicates with cells. Choosing organic food will limit exposure.
12. **Glycol Ethers:** Glycol Ethers are found in most cleaning products, brake fluid, and cosmetics. They may impede fertility or even damage an unborn child. Children with asthma and allergies may also have been exposed from paint in their bedrooms.

**Knowing now how harmful these chemicals are, here are some suggestions on how you can decrease or eliminate these harmful toxins.**

- Instead of buying canned goods opt for fresh or frozen foods.
- Change your diet! Staple foods like milk, eggs and butter could contain Dioxin. The only way to cut exposure to this chemical is to eat fewer products made from animals.
- Cut out processed foods and eat organic fruits and vegetables that promote detoxification, such as avocados; beets; broccoli; cabbage; and garlic.
- Instead of using plastic water bottles, opt for glass instead.
- If you are using a microwave to heat your foods, use glass containers rather than plastic.
- Make your own household cleaners. Do not use antibacterial soap or cleaners.
- Avoid pesticides and herbicides by buying organic.
- Coconut is a great from head-to-toe, inside-out toxin remover, in prevention and treatment of diseases. Using coconut oil as a lotion and as a mouth rinse could eliminate harmful toxins from your body, while at the same time leaving your skin soft and smooth and your teeth pearly white. Baking soda can also be used as a face and body scrub and toothpaste.
- Drink filtered water or use a reverse osmosis machine to reduce perchlorate, lead, arsenic and other chemicals found in tap water.

Changing habits can be hard. Take it day by day. Some of the suggestions are not costly, but when it comes to your health would you rather spend money on prevention or try to fix the problem that would not have been there in the first place? Remember, **Real Health** comes first!



## Baked Salmon

To help keep your hormones in balance, it is really important to eat a diet that is rich in real, whole foods. By eating anti-inflammatory, healthy fats such as grass fed butter and salmon you can help control your hormones in a natural, preventative way. Salmon is also one of the best sources of omega-3 fatty acids. The following Baked Salmon recipe is really simple and quick for a healthy, weeknight dinner for you and your family.

### Ingredients:

6 filets of salmon with skin on one side

4 Tbsp grass fed butter or ghee for dairy free

Seasoning of your choice. (I like Bosari seasoning, it's very clean)

### Method:

1. Remove salmon filets from fridge about 20 minutes before you are ready to bake.
2. Preheat oven to 450
3. You will need a 9x11 or 9x14 baking dish.
4. Cut the butter into 4 pieces and place in bottom of baking pan.
5. Liberally season the salmon on the side without the skin.
6. Place the baking dish in the oven with just the butter and heat until the butter is popping and sizzling.
7. Remove the pan and place the salmon filets in the pan with the skin side facing up.
8. Place baking pan back in oven and bake for 5 minutes
9. Remove pan from oven and gently peel the skin off of the salmon filets.
10. Season the filet on the side that you just removed the skin from
11. Flip the salmon over so the uncooked side is face down and bake for 5 more minutes.
12. Remove the salmon from the oven and let cool for a few minutes.
13. Serve with lemon and enjoy!



Jackie Caldwell –Integrative Nutrition Coach  
[www.grainfreewellness.com](http://www.grainfreewellness.com)

# Four Factors that Determine Your Level of Health



## AUTHOR

Charles Hinshaw, MD  
Director of Bio-Center  
Laboratory

- 1. Insulin Resistance.** If your diet is high in sugar and low fiber carbohydrates, it is likely that you have insulin resistance. When the cells in your body become "sensitized" to continued high blood insulin levels caused by high sugar and carbohydrate consumption, you eventually become resistant to the insulin and may develop type 2 diabetes. The ideal blood insulin level is below 3, and certainly below 5.
- 2. Waist Size.** This is a good indicator of how much fat you are carrying, especially around the stomach area, and it is the simplest anthropometric measurement of your total body fat. It is also a good indicator of how much fat you have around your internal organs. Waist size is strongly linked to type 2 diabetes, non-alcoholic fatty liver disease, and heart disease. Ideally, men should have a waist line measuring no more than **36 inches for a man of 76 inches height, and for women, no more than 28 inches for a height to 72 inches.**
- 3. Ideal Cholesterol Ratios.** We have learned that total cholesterol levels are not as good an indicator of arteriosclerotic heart disease as was formerly thought. However, the HDL/Cholesterol ratio (ideally above 24%) and the Triglyceride/HDL ratio (ideally less than 2%) remain very good indicators of heart and vascular health status.
- 4. Iron Level.** Excessive intake of iron can result in oxidative damage to heart muscle fibers, as well as oxidative damage elsewhere throughout the body, including DNA. Iron levels are monitored by measuring ferritin levels which should be in the 40 to 60 ng/ml range. Blood hemoglobin levels in the upper range of normal should lead to measurement of ferritin. Ferritin levels above 80 ng/ml cause oxidative damage to mitochondria, cell membranes, protein and DNA. The best way to lower ferritin (iron) levels is to donate at least one unit of blood per year.

# 48 Hours to Live

## How Vitamin C and Orthomolecular Medicine Saved my Mother's Life



## AUTHOR

Patrick Moore, N.D.

My mother was given two days to live by the medical team at Yale-New Haven Hospital's Medical Intensive Care Unit (MICU). She had entered the hospital three weeks earlier for surgery to repair a broken hip. She was seventy years old, in poor health, partially disabled, and sub-clinically malnourished from poor lifestyle choices. She quickly picked up infections from the surgery and rapidly declined. As her respiratory system failed, she was intubated and moved to the MICU. She continued to deteriorate as her body broke down and infections spread.

The medical team performed a tracheotomy and put her on a life-support ventilator. It didn't help. Her decline continued. They said she had Adult Respiratory Distress Syndrome, a complete failure of the respiratory system. Her body's organs were inflamed, infected, not getting enough oxygen and were shutting down. The ICU medical team informed us that my mother was extremely sick, near death, with maybe two days to live. They said, "We've tried everything we know to save your mother. Nothing has worked. There's nothing more we can do. We're sorry." It was then that I asked the medical team a simple question: "If you've said you've tried everything, and that there is nothing more you can do, I'd like permission to try something. After all, what do we have to lose?" I was convinced that more could be done and that my mother was suffering from "Immune Starvation Syndrome" (my term). I fervently believed that if we could supply my mother with optimal nutrients, her body would have the natural intelligence and potential to heal and repair itself. My passionate plea and explanation of my ideas positively impressed the medical team. Perhaps they felt sorry for me and thought by allowing me to use some "harmless" Vitamin C, it would at least give our family closure. They approved the "C" but didn't realize what I had in mind.

I was able to get the ICU nurses to start my mother on 500mg of Vitamin C every two hours. That totaled 12,000mg per day. After two days, my mother was still with us. Day 3, she improved slightly. Day 4 thru 6, steady improvement as measured by daily labs and blood/gas measures. The ICU medical team was amazed!

By Day 7, I proposed and they approved my second nutrient request and they added L-Glutamine, 15 grams twice-a-day. Glutamine is the key amino acid that fuels the immune system. On Day 10 they approved a probiotic to balance the side effects from all of the antibiotics being used. My mother was now becoming alert and the medical team commenced weaning trials to get her off the ventilator.

Over the next few weeks, I was able to gain approval to add over ten more supplements to my mother's nutritional regimen. My conceptual framework for nutrients selected to address my mother's condition entailed the following criteria: what could enhance the immune function; quell inflammation; improve circulation and oxygen flow; and fight infection. Supplements approved on the formulary included: digestive enzymes; omega 3 oils; n-acetyl-cysteine; co-enzyme q-10; zinc citrate; vitamin E with selenium; germanium; ginger; garlic/onion; B-12 and B complex; apple cider vinegar and cayenne.

"48 Hours to Live" continues on page 7...

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All were in capsules, liquid and powder form and mixed with water and given through a stomach feeding tube.

Of note, when my mother strengthened to reach 8 hours/day of weaning off the ventilator, a Doctor suspended the nutrient program due to an elevation of liver enzymes, assuming it must be the "vitamins," not the drugs they had prescribed. After only two days off the nutrient protocol, my mother weakened and couldn't do more than 20 minutes off the ventilator. After 3 days, the program was resumed and my mother continued to strengthen. She was now up to an impressive 18 hours/day off the ventilator. But once again, another Doctor suspended the program due to mild pancreatitis (of course, the vitamins were the suspect). Within two days, my mother weakened and she could do no more than one hour off the ventilator.

At this point, it was obvious to the medical staff that my nutrient protocol was the difference-maker. I urged the staff to resume my mother's "Nutritional Life Support" program (my term). By now, all of the ICU nurses were backing me. They could see the program was working. The program was immediately restored and my mother continued to improve. After a few more weeks, she was off the ventilator and out of the MICU to a step-down pulmonary unit. After a few more weeks of getting stronger, she left the hospital for several weeks at a rehab facility. And then she came home! Thanks to orthomolecular levels of Vitamin C and selected nutrients, my mother went from a "48 Hours to Live" diagnosis to achieve another 12 years. Thank you, Linus Pauling!!

*Dr. Patrick Moore has a Doctorate in Traditional Naturopathy along with a Master's Degree in Nutrition. He is the Director of Nutritional Science Associates and the creator of the nationally acclaimed anti-aging skin cream, Florencé. He has conducted seminars on natural wellness and optimizing health for the nurses at Yale-New Haven Hospital for the past 14 years. He is also the producer and host of a TV program called Health Buzz which can be found on YouTube. You can contact Dr. Moore at [Samoapat@aol.com](mailto:Samoapat@aol.com) or 203-645-9657.*



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## Measure Your Level of Health!

Give yourself the gift of health this holiday season. Knowing the results of some basic lab markers can influence your lifestyle choices in many positive ways. The following four markers are on special from the Bio-Center Laboratory for the month of December. The results from these lab tests can help you set personalized health goals for the new year.

- **Blood sugar**
- **Insulin**
- **Iron**
- **Cholesterol (Lipid profile)**



For more information about these markers, please see the article on page 6 of this newsletter entitled

"Four Factors that Determine Your Level of Health" by Dr. Hinshaw.

On special for the month of December!

**SALE!** ~~\$179~~  
**\$116**

\*Price includes all four lab markers.



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# The Benefits of Infrared Saunas

AUTHOR

Anne Zauderer, DC



We live in a toxic world. The air that we breathe, the water we drink, the foods that we eat, the products we use, all are covered with the chemical effects of living in the modern world. Some we can avoid, some we cannot. The best thing we can do is support our body's natural detoxification systems to be able to help safely eliminate these toxins from our bodies.

Our bodies have a few main modes of detoxification: sweat, bowels/urine and breath. All of these need to be functioning optimally to help rid our bodies of the toxins we encounter. If we cannot properly eliminate these toxins, they can build up over time and make us sick.

Sweating is an extremely important mode of detoxification. Spending more time indoors in the air conditioning, we don't sweat as much as we used to. In addition, personal care products, such as antiperspirants, impede the sweating process. Using saunas as a way to induce sweating can be an integral part of your wellness program.



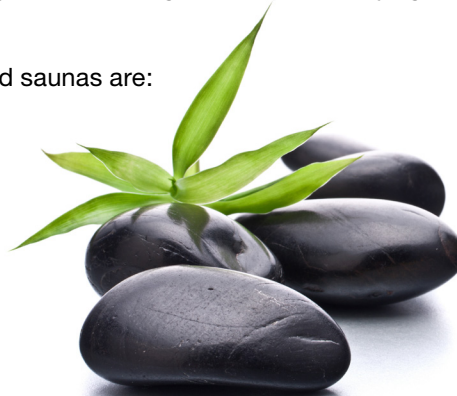
Infrared heat is very different from traditional (hot rock or steam) saunas. It is a very gentle heat. The experience is similar to lying in the sun on a warm day and feeling the heat radiate to the core of your body. Traditional saunas operate at a temperature in excess of 200°F, whereas, infrared heat has the benefit of being effective at a more comfortable operating temperature of 100°-150°F.

Traditional saunas heat the air, which can be a more uncomfortable way to induce sweating. Infrared saunas heat the body directly. Because infrared heat penetrates human tissue rather than just simply heating the surface of the skin, infrared saunas are seven times more effective than traditional saunas at detoxifying the body. By raising the body's core temperature, infrared saunas can produce a sweat composed of 20% toxins versus only 3% toxins with a traditional sauna.

The infrared spectrum consists of near, mid, and far waves, each with distinct characteristics and frequency ranges. Near infrared promotes skin renewal, cell health, wound healing, and tissue growth. Mid infrared is a longer wavelength that can penetrate deeper into the body's soft tissue where inflammation occurs. This helps expand blood vessels and increase circulation, so more oxygen can reach injured areas of the body, which reduces pain and speeds the healing process. The longest wavelength, far infrared, reaches deepest into the body, where toxins are stored. By increasing your core body temperature, far infrared stimulates the sweat glands, resulting in a deep, detoxifying sweat that leaves you feeling revitalized.

Some of the benefits of regularly using infrared saunas are:

- Support removal of toxins
- Lower blood pressure
- Muscle relaxation
- Improved immune function
- Younger appearance
- Weight loss
- Relaxation
- Improved circulation
- Skin purification



Hypoallergenic Basswood

**The Riordan Clinic is now offering infrared saunas!**

With cold weather approaching, now is a great time to take advantage of this service yourself or to give as a gift to a friend.

Our infrared saunas are state-of-the-art, full-spectrum saunas that provide near, mid, and far infrared heat.

Price is \$35 per session. Discounts are available when purchasing a package. For more information, please visit: [riordanclinic.org/what-we-do/saunas](http://riordanclinic.org/what-we-do/saunas)