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## Magnesium Decreases Hyperactivity in ADHD Children



**AUTHOR**

*Helen Saul Case*

Magnesium deficiency is found more frequently in children with attention deficit hyperactivity disorder (ADHD) than in healthy children. In one study of ADHD children, magnesium deficiency was found in 95 percent of those examined (1). Does this warrant magnesium supplementation for hyperactive children? The answer is yes.

Supplementation with magnesium appears to be especially helpful for alleviating hyperactivity in children (2). In a group of children supplemented with about 200 milligrams (mg) per day of magnesium for six months, there was "an increase in magnesium contents in hair and a significant decrease of hyperactivity" compared to children in the control group who had not been treated with supplemental magnesium (3).

### Magnesium Is Safe and It Works

A review that looked at studies done on magnesium for the treatment of ADHD in children concluded that although "studies supported that magnesium is effective for treating ADHD...until further strong evidences for its efficacy and safety are provided, magnesium is not recommended for treating ADHD." (4) This is typical of modern "evidence-based" medical literature. Some medical professionals will ignore what is already known unless a sufficient number of double-blind randomized studies have been performed. Magnesium supplementation is safe and effective, and it is critically important for children who are deficient.



The safety of magnesium has been well established. There have been no deaths reported from magnesium supplementation. None (5). An overdose of magnesium may result in loose stool. This is temporary, and will go away once dosages are reduced or divided into smaller amounts of magnesium given throughout the day. Magnesium supplementation is safe and it is worth trying, especially when we consider the dangers of ADHD drugs.

*Continued on page 2*

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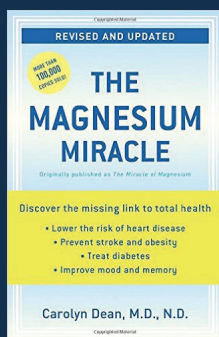
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## ADHD Drugs Are Dangerous

Depending on which ADHD drug is being taken, side effects of overdose include mydriasis, tremors, anxiety, agitation, hyper-reflexia, headache, gastrointestinal upset, combative behavior, confusion, hallucinations, delirium, dizziness, dystonia, insomnia, paranoia, movement disorders, tachycardia hypertension, seizures, and yes, even hyperactivity, the very condition an ADHD drug is supposed to be treating. Oh, and they can kill you (6,7). Even if “fatalities are rare” (7), I imagine this brings little comfort to parents. Moreover, the most common side effects of ADHD drugs, taken as prescribed, are appetite loss, abdominal pain, headaches, sleep disturbances, diminished growth, hallucinations and psychotic disturbances (8). Magnesium produces none of these effects. And even though magnesium is both safe and effective, nowhere in the report from the American Academy of Pediatrics (AAP) Clinical Practice Guideline for ADHD is magnesium supplementation recommended (8).

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**“I HAVE COME TO THE CONCLUSION THAT EVERYONE COULD BENEFIT FROM EXTRA MAGNESIUM SUPPLEMENTATION.”**

- Carolyn Dean, MD, ND

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When it comes to the potential for kids to die suddenly from taking their prescribed ADHD medication, concerns are dismissed by the AAP with statements like “evidence is conflicting as to whether stimulant medications increase the risk of sudden death” (8). One would hope that with this level of uncertainty about the risk of death, the medical advice would be against the use of ADHD medication. Instead, the recommendation from the United States Food and Drug Administration (FDA) is “continue your ADHD treatment as prescribed by a healthcare professional” (9). Just be sure to “talk to your healthcare professional about any questions you may have about ADHD medications.” Well, never has “talking about it” made medication any less dangerous.

## Other Benefits of Magnesium

In addition to its effectiveness for treating hyperactivity, magnesium also benefits children in other profound ways: it can help kids sleep better at night, relieve discomfort from sore muscles and growing pains, relieve constipation, reduce anxiety, and reduce headache days (10).

## Magnesium and Other Nutrients for ADHD

ADHD is not caused by a drug deficiency. Instead of giving drugs to our children, we should look to the benefits of providing them with optimal nutrition. Children with ADHD may benefit from optimal levels of several nutrients including vitamin D (11), iron (12), niacin (B3), pyridoxine (B6), vitamin C, and omega-3 fatty acids (13). In addition to removing refined sugar from the diet, avoiding artificial food dyes, and providing healthy food, pediatrician Ralph Campbell, MD, recommends a vitamin B complex supplement be given with breakfast, an additional 100 mg of B6 at another meal, and 200 mg or more of magnesium per day for ADHD children (13). Other helpful tips include limiting screen time and increasing exercise, especially in the outdoors.

## Dosage

The recommended dietary allowance (RDA) of magnesium for children ages one to three is 80 mg per day. Children ages four to five: 130 mg magnesium per day. By age nine, our government recommends that kids should be getting (at least) 240 mg of magnesium per day. And at age fourteen, between 360 to 410 mg per day. Keep in mind, only about 30 to 40 percent of dietary magnesium is absorbed by the body (14). Remember, too much magnesium in a less-absorbable form can cause loose stool. This side effect can be prevented by reducing the amount of magnesium given and providing it in a more absorbable form. If larger total daily doses of magnesium are required, divide the dose into smaller amounts and give it multiple times throughout the day.

## Form

Oral magnesium citrate is inexpensive and fairly well absorbed. Other useful, but more costly, oral forms of magnesium include magnesium glycinate, magnesium gluconate, magnesium taurate, magnesium malate, and magnesium chloride. Avoid magnesium oxide (it absorbs very poorly) and avoid both magnesium glutamate and magnesium aspartate (10). Magnesium sulfate is cheap and can be obtained transdermally by soaking in regular Epsom salt baths.



**To see the magnesium content many foods, you may wish to visit:**

<http://www.whfoods.com/genpage.php?tname=nutrient&dbid=75>

OMNS Assistant Editor Helen Saul Case is the author of *The Vitamin Cure for Women's Health Problems*, and *Vitamins & Pregnancy: The Real Story*. She is coauthor of *Vegetable Juicing for Everyone*. Her newest book, *Orthomolecular Nutrition for Everyone*, will be available March 2017.

This article was reprinted with the author's permission. It was originally published Nov 23, 2016 on the *Orthomolecular News Service* and can be viewed here with references:

<http://orthomolecular.org/resources/omns/v12n20.shtml>

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[riordanclinic.org/what-we-do/addadhd-and-behavior/](http://riordanclinic.org/what-we-do/addadhd-and-behavior/)



## How We Get Magnesium into Our Children

### ORAL MAGNESIUM SUPPLEMENTATION:

- We give our children a daily chewable magnesium tablet or oral liquid magnesium (many supplements also contain calcium)
- We give our children a crushed portion of an adult magnesium tablet given with something tasty like honey, applesauce, or ice cream
- For better absorption, we divide the dose and give magnesium between meals.

### TRANSDERMAL MAGNESIUM:

Our children take bi-weekly Epsom salt baths. We toss a handful or two of Epsom salt in their bath and have them soak for about ten to fifteen minutes. Our kids call it "water salt."

### DIETARY MAGNESIUM:

Our children eat a plant-based diet which provides magnesium from many sources:

- We include organic vegetables like carrots, baby spinach, and beet greens in our homemade, fresh, raw veggie juice. They drink this 2 to 3 times per week.
- We include wheat germ in bread, pizza dough, and smoothies
- Cashews are offered for their snacks
- We sprinkle sunflower seeds on their salads
- We eat fish often
- We include black beans and pinto beans in our tacos
- We often have bean and lentil soups
- They love guacamole
- They eat lots of bananas and berries
- They eat whole milk yogurt
- They like peanut butter
- They eat oatmeal, brown rice, and potatoes

## 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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# The Benefits of Bone Broth



**AUTHOR**

*Charleen Jenkins, CMA*

Using bone broth is a popular health trend that many people have found beneficial for numerous health concerns. Bone broth is described as a highly nutritious liquid made from animal bones and connective tissue. What nutrients could possibly come from animal bones? Well, the bone itself is fortified with calcium, magnesium and phosphorus. The bone marrow contains vitamin A, vitamin K2, omega-3s and 6s, as well as several other minerals, including iron and zinc. The connective tissue of the animal that is on the bones also provides glucosamine and chondroitin – which are essential for those with arthritis and joint pain. Because the typical western diet is mostly composed of carbohydrates, sugars and bad fats, which leave many vitamins and minerals lacking, consuming bone broth can help replenish these nutrients and alleviate a variety of health concerns.

There are plenty of potential health benefits for the whole body from using bone broth. The simmering of the bones, marrow, skin, tendons, and ligaments causes a release of many healing compounds such as collagen, proline, glycine, and glutamine. These amino acids are essential for building and repairing muscle tissue, supporting bone mineral density, nutrient absorption and protein synthesis. In addition, the glycine in the broth may have anti-inflammatory and antioxidant effects, also helping with sleep and healthy brain function. Bone broth is low in calories, so people tend to drink it in place of a meal to lose weight. In Dr. Josh Axe states that bone broth can be utilized to treat leaky gut syndrome, overcome food sensitivities, improve joint health, reduce cellulite, and boost your immune system.

Making bone broth is easy and there are few ingredients required. It is best to obtain products from animals that are grass-fed and free of hormones and antibiotics in order to truly get the most benefit. Any type of animal bones can be used for this, but the most popular are chicken, turkey, lamb, pig, beef, wild game, and fish.

The recommended intake of bone broth is eight ounces one to two times daily, either as a soup or drink. The broth can be stored in the refrigerator up to five days and in the freezer for up to three months. It is vital to have a regular intake of the bone broth to obtain the necessary nutrients to help support an overall healthy body.



## Bone Broth Recipe

### Ingredients:

- 2-3 pounds of bones – you can get these from your local butcher or from leftover meals
- 4 liters (1 gallon) of water
- 2 Tbsp apple cider vinegar
- 1 onion (optional)
- 4 garlic cloves (optional)
- 1 tsp of salt and/or pepper (optional)

### Directions:

1. Place the bones and vegetables into a big, stainless steel pot.
2. Pour the water into the pot, add the vinegar, and then raise the temperature to bring to a boil.
3. Reduce heat, then let simmer for at least 6 hours. (The longer it simmers, the tastier and more nutrient-dense it will be).
4. Add in the vegetables at the last hour of simmering.
5. Allow the broth to cool. A layer of fat will harden on top to protect the broth, just discard this layer when you are ready to prepare or eat the broth.

1. Axe, J." Bone Broth Benefits for Digestion, Arthritis and Cellulite." <https://draxe.com/the-healing-power-of-bone-broth-for-digestion-arthritis-and-cellulite>

# Positive Parenting



**AUTHOR**

*Tim Lawton, MD*

Parenting – once you step through that one-way door into parenthood, you can never go back. Parenting changes your life, forever. It is a crash course in selflessness. It is a kind of sacrificial love you never before imagined. It is being on-call 24 hours a day for someone who is completely dependent upon you. It is changing diapers. It is washing mountains of tiny clothes. It is spoon-feeding every bite. It is getting up when you'd give anything to just have a few hours of sleep. It is giving up the ability to finish a conversation, or take a shower, or go out to eat, or even finish a meal. Parenting is survival. But only when one can see the bigger picture does it all start to make sense.

Parenting has been the greatest challenge of my entire life, and also the most rewarding. Herein lies the secret. Successful parenting is an “all-in” commitment. It challenges your intellect, creativity, endurance and patience to grow beyond what you ever imagined possible. My wife and I both have significantly altered our original career dreams, but the new dreams we are building as parents are even more significant.

Parenting may come naturally for some, but it appears to be a skill that must be learned by others. I think one of the first steps to successful parenting is realizing that you can't and shouldn't try to do it alone. The experience and support of others can be a very valuable resource. During our first years of parenting, as I was finishing my medical residency, we were all alone in an apartment in Chicago, without family support close at hand. Exhausted, we moved back to Wichita to be close to my wife's parents and family. Although I didn't see it at the time, she recognized this as an incredible opportunity for our children to grow up in the nurture and guidance of extended family.

While advice from parenting experts, authors and speakers can be helpful, there is no substitute for the love and closeness of family. Nurture your marriage. Encourage your mate. God's design for the family is one of the richest blessings we can know on this earth.

What happens if you are parenting alone or don't have the support of extended family? Get help. Meet other parents. Get to know parents who are a few years further along in life's journey. Adopt a grandparent. Be part of a faith community that shares your values. Pray for strength, patience, wisdom and love, one day at a time. Talk to a counselor, pastor or trusted friend. Read or listen to books or audio programs about positive parenting. Strive to keep life's priorities in balance. We all make mistakes. Forgive yourself, learn, and move forward. Remember, the intensity and sleeplessness of early parenting doesn't last forever. You will blink and your child will be starting kindergarten, then middle school, high school and leaving the nest for college.

Positive parenting is discovering and nurturing the strengths in your child. This includes not only the traditional abilities in academics, arts or athletics, but also extends to character qualities and virtues.

Creating lifelong memories is another important piece of building a successful family. We've also taken many trips together to enrich our family bonds and learn about interesting and scenic places. We've hiked and camped in National Parks. We've taken our children to explore their family roots in Illinois, Canada and Jamaica. We spent a month together in Kenya volunteering at a mission hospital, making new friends and learning about our beautiful and challenging world.

## Positive Parenting is doing things WITH your child:

1. **Plan a recipe**, shop and cook together.
2. **Plan time together**: have a family game night, watch a movie together, make a fire and roast marshmallows, and read bedtime stories together.
3. **Make mealtime family time** – turn off distractions and tune in to one another.
4. **Take family road trips** – and bring books to share or audio-books to listen to (like radio-theatre). Enjoy the journey and stop at interesting sites along the way.
5. **Make holidays special** – share traditions, read about the origins of the holidays and how they are celebrated around the world.
6. **Find activities that you and your child can enjoy and share TOGETHER** – like scout camp outs, drama (on stage or behind the scenes), singing or helping your child learn to play a musical instrument, rock-wall climbing, cycling, cooking, exploring the out-of-doors, building things out of wood, fishing, gardening, fix-it projects, painting the house or deck or fence... the possibilities are vast.
7. **Help your child with special projects**, maybe a young writers and illustrators contest, a creative assignment for school, art projects, or Halloween costumes.
8. **Set an example of patience, engaged listening, and kindness** because by your example they will learn how to be loving and positive parents to their children someday. Be faithful and trustworthy.
9. **Be flexible**. Circumstances change. Kids keep changing and growing. Adapt and grow.
10. **Model the kind of habits you want your children to have**. Be calm. Slow down. Don't be too busy for your children. Discipline in love. Hug often. Laugh often.

## Upcoming Events



**Food as  
Medicine**

A foundational nutrition course

**FREE**

**March 1st - 11:30am – 1:30pm**

*Monthly Class*

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



**PLEASE NOTE:** This course is available in-person and online. For more information on how to watch online, please see: [riordanclinic.org/food-as-medicine](http://riordanclinic.org/food-as-medicine)

**March 15th - Noon – 1:00pm**

**FREE\*** *Lunchtime Lecture*

**Magnesium: Why Everyone Needs This Mighty Mineral**



Join us at the Wichita campus to discuss with Dr. Ron Hunninghake the role that magnesium plays in the development of many chronic diseases such as high blood pressure, high cholesterol, anxiety, digestive issues, muscle pain, and many more. Reservations can be made by calling 316-682-3100 or emailing: [reservations@riordanclinic.org](mailto:reservations@riordanclinic.org).

*\*Light refreshments will be served*

**Thursdays, March 23 - April 13 - 3:00 - 4:15pm**

**Mindfulness, Meditation & Movement Workshop**

Join us in the pyramid at the Riordan Clinic, Wichita campus, for a workshop on Mindfulness meditation and movement led by guest instructor, Connie Porazka.



For more information call Connie at 316-650-3761 or visit [retreattojoy.com](http://retreattojoy.com).

# 50% of Children with ADHD Have Elevated Levels of This Toxic Marker in Their Urine



**AUTHOR**

*Nina Mikirova, PhD*

According to the National Institute of Mental Health (NIMH), attention deficit hyperactivity disorder (ADHD) affects approximately 2 million American children. ADHD is characterized by inattentiveness, hyperactivity, and impulsiveness. The cause of ADHD is generally known to have many factors including both biological and environmental influences.

**ONE FACTOR IN ADHD THAT IS ALMOST ALWAYS OVERLOOKED BY CONVENTIONAL MEDICINE IS SOMETHING CALLED URINARY PYRROLE LEVELS. BASED ON A CLINICAL STUDY OF PATIENTS WITH ADHD<sup>1</sup>, IT WAS FOUND THAT ALMOST 50% OF ADHD PATIENTS HAVE ELEVATED PYRROLE LEVELS.**

Pyrrroles or “Mauve Factor,” a metabolic product of hemoglobin, was first detected in the urine of psychiatric patients by the Hoffer group in 1958, and named for its appearance on paper chromatograms. Pyrrroles are well known for toxicity in the body, and an elevated level of excretion of them is classically associated with emotional stress.

Psychiatrists started using urine pyrrroles to diagnose psychiatric disorders many years ago. Some psychiatrists, particularly those with interests in orthomolecular medicine, have used pyrrroles as a clinical tool for diagnosing and following the progression or remission of mental illness.

The proposed mechanisms for pyrrrole formation and accumulation in the body include: intake from dietary sources, heme breakdown, and/or altered heme biosynthesis. All of these most likely occur with the aid of gut flora. Therefore, increases in pyrrrole levels and excretion may occur as a result of stress-induced changes in intestinal permeability, or **leaky gut**, which in turn leads to increased pyrrrole absorption.



## Other Factors that Influence ADHD

### 1. Histamine

Patients with ADHD also have a correlation between the levels of pyrrroles and histamine. Histamine is an important brain neurotransmitter and neuro-regulator that is present in all nerve cells. Breakdown of histamine is through a process called methylation; low histamine levels indicate over-methylation and high histamine level means that the process of re-methylation is overactive. Histamine either directly or indirectly influences all other major



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neurotransmitters, often via inhibition of neurotransmitter release, thus theoretically causing anxiety, depression, or both.

When the level of histamine was screened for patients with ADHD, it appeared that much of the distribution of histamine was on the upper level of the reference range, and half of the subjects had a level of histamine higher than the upper level of the normal range.

This finding also indicates the evidence of an allergy-related component of the problems in patients with ADHD due to the fact that elevated pyrrole levels were significantly more prevalent in subjects with elevated histamine values.

## 2. Nutrient Deficiencies (Zinc, Vitamin B3, Vitamin C, Magnesium)

In addition, it has been shown that subjects with ADHD and elevated pyrrole levels were deficient in nutrients such as zinc, vitamin B3, magnesium, and vitamin C. Vitamins are natural barriers against infection and allergic reactions, as well as promoters of chemical balance of essential minerals. Vitamin C, vitamin B3, red blood cell zinc, and zinc to copper ratios were found to decrease with increasing pyrrole levels. Deficiencies in essential minerals may also affect ADHD children. Zinc and magnesium, for instance, are important co-factors in the enzymes associated with the utilization of neurotransmitters and are necessary for maintaining brain function.

## Conclusion

ADHD is a multi-factorial condition. However, the research in this study suggests that the volume of pyrroles a person is excreting is linked to a variety of stress and illness conditions, including ADHD. This could indicate oxidative stress, infection, toxicity in the body and/or improper digestion. However, a significant improvement was seen in children with ADHD who successfully reduced their pyrrole levels using a regimen of supplements specific to their needs.

Urinary pyrrole levels can be measured through the Bio-Center Laboratory at the Riordan Clinic in Wichita, Kansas.

1. Mikirova, N. (2015) *Clinical Test of Pyrroles: Usefulness and Association with Other Biochemical Markers. Clin Med Rev Case Rep 2:2*



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# 12 Months to a Healthier You!

## Month 3: Avoid Food Additives



**AUTHOR**

Anne Zauderer, DC

How many of you have had the experience of going grocery shopping, picking up a box of food, looking at the label and not recognizing half of the ingredients on the list? Unfortunately, this is a very common problem with most foods in American grocery stores today.

The food industry made a shift many decades ago. Food became big business. The decisions that drove what foods made it onto grocery store shelves were not about the nutritional value of the food, but rather which foods would bring the biggest profit. To make a profit, foods had to have a long shelf life, taste really good, have consistency of color and flavor, and they had to be inexpensive for the consumer.

To achieve the factors listed above, the food industry started slowly adding more and more chemicals to our food system. Yes, these chemicals are GRAS (Generally Recognized as Safe) by the Food and Drug Administration. However, no research has been done on the sheer quantities, combinations, and lifelong ingestion of these chemicals. We are overloading our bodies with these chemicals and the result is skyrocketing numbers of chronic diseases such as cancer, autoimmunity, intestinal permeability (leaky gut), obesity, and mood disorders, such as anxiety and depression.

Therefore, my challenge to you this month is to eliminate as many food additives from your diet as you can. If your usual brand has these chemicals, often you can find an alternative brand without them at a health food store. The best option is to shop the perimeter of any grocery store for fresh fruits and vegetables, meat from grass-finished animals and nuts and seeds.

[Cheetos]

Nutrition Facts	
Serving Size 1 oz (28g/About 21 pieces)	
Servings Per Container 9	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>10%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber less than 1g	<b>2%</b>
Sugars 0g	
<b>Protein</b> 1g	
<b>Ingredients:</b> Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Flamin' Hot® Seasoning (Maltodextrin [Made From Corn], Salt, Sugar, <b>Monosodium Glutamate</b> , Yeast Extract, Citric Acid, Artificial Color [Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5], Sunflower Oil, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Onion Powder, Whey, Whey Protein Concentrate, Garlic Powder, Natural Flavor, Buttermilk, <b>Sodium Diacetate</b> , <b>Disodium Inosinate</b> , and <b>Disodium Guanylate</b> ), and Salt.	
<b>CONTAINS MILK INGREDIENTS.</b>	

INGREDIENT	FOUND IN
<b>Arsenic</b>	Poultry
<b>Aspartame</b>	Sodas, gum, "diet" or "sugar free" products
<b>Azodicarbonamide</b>	Breads, frozen dinners, boxed pasta mixes, and packaged baked goods
<b>BHA and BHT</b>	Cereal, nut mixes, gum, butter, meat, dehydrated potatoes, and beer
<b>Brominated vegetable oil (aka BVO)</b>	Sports drinks and citrus-flavored sodas
<b>Food Dyes</b> (blue #1 & #2, yellow #5, red #3 & #40)	Cake, candy, cosmetics, macaroni and cheese, medicines, sport drinks, soda, yogurt, pickles, and cheese
<b>Monosodium Glutamate (MSG)</b>	Flavor enhancer added to fast food, canned soups, dips, crackers, processed meats
<b>Potassium bromate (aka brominated flour)</b>	Rolls, wraps, flatbread, bread crumbs, and bagel chips
<b>Sodium Benzoate</b>	Preservative found in salad dressings, jams, condiments, fruit juices, dips, cheese, mouthwash, toothpaste, cough syrup, lotion, and other cosmetic products
<b>Sodium Nitrate</b>	Bacon, ham, hot dogs, lunch meats, smoked fish, corned beef
<b>Sucralose</b>	Sodas, gum, "diet" or "sugar free" products
<b>Synthetic hormones (rBGH and rBST)</b>	Milk and dairy products
<b>Trans Fats (Partially hydrogenated oils and Hydrogenated Oils)</b>	Fried fast food, baked goods, crackers, cereal, margarine, shortening

I want to hear from you on how your results are going with the monthly challenge!

Email me at [newseditor@riordanclinic.org](mailto:newseditor@riordanclinic.org) to let me know about your progress, and to get your name entered in our monthly random giveaways for those participating in the challenge.