

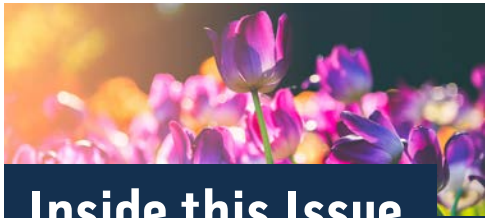


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Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility in Wichita, Kansas cofounded in 1975 by Olive W. Garvey and Hugh D. Riordan. We have integrated lifestyle and nutrition to help you find the underlying causes of your illness.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

DETOX: Natural Cleansing to Remove Body Toxins

This article was first published in Health Hunters, November 2011



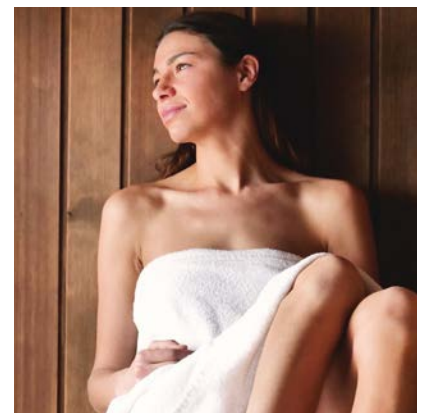
AUTHOR

Dr. Nina Mikirova

Have you ever washed greasy dishes without hot water or dish soap? The dishes don't get clean, do they? When toxic metals and chemical food additives get inside your body, it takes a strong cleanser to scrub your body clean from the inside out. Our modern world is full of toxic chemicals and we are all bio-accumulators. Many of these toxins are retained in our bodies in fat cells and intercellular fluid. A significant number of these toxic chemicals are lipid or fat-soluble and tend to bioaccumulate, particularly in the fatty tissues throughout the body. Over 400 chemicals have been identified in human tissue, with 48 in adipose tissue, at least 40 in milk, 73 in the liver, and over 250 in blood plasma.

These environmental toxins are suspected of playing a role in a number of diseases, including cancer, arthritis, weakened immune system, autism, fibromyalgia, cardiovascular diseases, Alzheimer's disease and many more. Many doctors truly believe that the process of cleansing and detoxification is virtually one of the most powerful healing therapies. Cleansing, fasting, and detoxification, are different degrees of the same process of reducing toxin intake and enhancing toxin elimination. The process is a key to health and vitality.

There are several methods of detoxification. One of the methods is chelation therapy in which chemicals, that have the ability to bind toxins and remove them, are injected into the bloodstream. In addition to synthetic agents, several natural substances are used to remove toxic metals from the body. They include: alpha-lipoic acid, sulfur-bearing amino acids found in garlic and garlic extracts, alginates, pectins, the sulfur amino acids, N-acetylcysteine and cilantro. Other popular detoxification methods include fasting, alone or with herbal therapies, and sauna therapy.



Sauna baths and steam rooms are great for removing toxins from the skin and regenerating one's health and energy. The tradition of sauna baths goes back at least as far as ancient

Continued on page 2

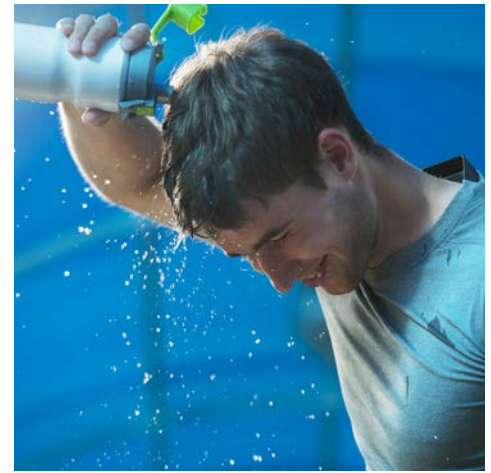
Rome, with the famous Roman Bath. Saunas have been a way of life in Finland for over 2000 years. One of the first written descriptions of the Finnish Sauna was in 1112. This tradition was also popular in Russia (Russian Banya), among Native Americans, and in Morocco.

Traditional saunas consist of a small room or space that is heated with a heater that sits in one corner. The heater is powered by electricity, gas, wood or other fuel. In traditional Native American sweat lodges, the space is heated with hot rocks that were previously placed in a fire. It is important that detoxification includes some type of skin cleansing, because our skin is one of our best eliminative organs. Heavy metals can be released through the skin's pores when we sweat. Research has been done to confirm that sweating out toxins via Sauna Therapy is one of the most effective methods, as sweat contains more toxins than urine alone. It has been documented that our skin's sweat glands when combined can perform as much detoxification as one or both kidneys.

SAUNAS ARE BEING USED BY SOME DOCTORS TO STIMULATE THE RELEASE OF TOXINS FROM THEIR PATIENTS' BODIES. THESE CHEMICALS ARE OFTEN TOXIC TO THE IMMUNE SYSTEM, NERVOUS SYSTEM, ENDOCRINE SYSTEM, AND LIVER. "SWEATING IT OUT" REDUCES CHEMICAL STRESS ON THE BODY AND GENERALLY LEADS TO IMPROVED HEALTH.

A sauna is an excellent way to benefit from overheating therapy. "Give me a chance to create fever and I will cure any disease," said the great physician Paramenides, 2,000 years ago. Fever is one of the body's defense mechanisms and healing forces. In addition to an artificially induced fever, the sauna is specifically conducive to profuse therapeutic sweating. It is generally considered that the skin should eliminate 30% of the body wastes by way of perspiration. Taking sauna baths regularly will help to restore and revitalize the cleansing activity of the skin.

The therapeutic property of the sauna is attributed to the following facts: overheating stimulates the metabolic processes and inhibits the growth of virus and bacteria; all vital organs are stimulated to increased activity; the body's healing forces are aided and assisted; and the eliminative, detoxifying, and cleansing capacity of the skin is dramatically increased by the profuse sweating.



Sweat is the most important elimination route for toxins. In today's society everyone is exposed to toxic chemicals and heavy metals. Although it is a major eliminative organ, most people's skin is very inactive. Repeated use of the sauna can help slowly restore the skin's ability to eliminate toxins. Released toxins are then eliminated from the body by perspiration and through the intestinal tract.

Sauna detoxification is thought to lead to the removal of fat-soluble chemicals from the body by encouraging their elimination through sebaceous glands (microscopic glands in the skin that secrete an oily/waxy material) and sweat glands.

The Main Benefits of Sauna are:

SKIN REJUVENATION

Sauna use slowly restores elimination through the skin. The skin is the largest organ of the body and a major eliminative channel. In most people, it is inactive, congested and toxic. Damage to the skin can be caused by continuous use of synthetic clothing, bathing in chlorinated water, and exposure to hundreds of chemicals. Excessive sympathetic nervous system activity and negative emotions cause blood to be withdrawn from the skin, contributing to inactivity of the skin.

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ENHANCED SWEATING

Sweating in a sauna is a by-product of applying heat to the body. The sweating process gently and safely helps eliminate all heavy metals and toxic chemicals. Medical studies demonstrate that most toxins can be eliminated through the skin, relieving the burden on the kidneys and liver. Sweating during sauna therapy is a great way to reduce the fluid levels in the blood, causing the toxin rich intercellular fluid to be available for detoxification. Sweating increases dramatically in most people after several months of sauna use.



EXERCISE BENEFITS

Saunas provide many of the benefits of exercise with much less expenditure of energy. These include enhanced circulation and oxidation of the tissues. Repeated sauna use can lower elevated blood pressure and improve the elasticity of the arteries. Saunas are helpful for cardiovascular rehabilitation, arthritis, allergies, skin conditions and chemical sensitivity. Cholesterol level mean reduction was found after sauna therapy. The sauna therapy resulted in improvements in psychological test scores.

DECONGESTING THE INTERNAL ORGANS

Heating the body powerfully shunts blood toward the skin to dissipate heat. This decongests the internal organs and greatly stimulates circulation. The sauna has an effect on oxygenating and hydrating the cells and organs, and improving circulation. Sinuses, joints and many other tissues benefit greatly.

FEVER THERAPY (HYPERTHERMIA) FOR INFECTIONS

Our bodies naturally develop a fever when we are ill in order to enhance our metabolism and to help destroy viruses. Raising body temperature powerfully assists the body to kill parasites such as bacteria, fungi, and viruses. It helps people with low body temperature to fight chronic infections in the sinuses, ears, eyes, bladder, throat, and intestines.

TUMOR CELLS AND MUTATED CELL ELIMINATION

Hyperthermia also helps to kill abnormal cells. Toxin-burdened cells and tumors are weaker than normal cells and tolerate heat poorly. Raising body temperature hastens their death. Though not a conventional method, hyperthermia is a researched therapy for cancer. Heat also disables or kills cells that have been mutated by radiation or damaged by other toxins.

INHIBITING THE SYMPATHETIC NERVOUS SYSTEM

This is a tremendous benefit not offered by many therapies. It enables the body to relax, heal and regenerate itself much faster, causing recovery from many types of ailments.

ELIMINATION OF FAT CELL STORE TOXINS

Most environmental contaminants are fat soluble. Thus they have an affinity for body lipids or fatty tissue. Sauna therapy increases metabolism, which burns fat for energy, releasing some toxins for removal. The body uses metabolic systems, particularly the liver, to convert fat-soluble substances into water-soluble chemicals to facilitate

excretion. The physical heat from the sauna helps liquefy fat, further breaking down the chemical lock on the toxic molecules. It is this “fat sweat” that makes saunas so efficient at eliminating toxins.

ELIMINATION OF TOXIC METALS FROM THE BODY

Concentrations of zinc, copper, iron, nickel, cadmium, lead, manganese, sodium, and chloride were determined after collections utilizing a total body wash down technique (sweating in sauna). The results demonstrated that the concentrations of nickel and cadmium in sweat were higher than those reported for urine, with similar results for lead. The loss of toxic trace metals in sweat could have therapeutic importance.

Saunas are safe for most people as long as the sauna user follows a few simple rules:

1. Stay inside the sauna for no more than 30 minutes at a time
2. Lie down or sit for at least 10 minutes after using the sauna
3. Make sure you drink plenty of mineralized water before and after the sauna
4. Always relax after a sauna session to allow the body to readjust.

While using the sauna, it is important to take frequent showers in order to cool down as well as to remove substances from the skin and prevent their re-absorption. Some people feel fatigue after sessions, and this is normal. Patients often experience general health improvements upon completion of sauna therapy, such as increased mental clarity, restored energy, fewer allergies, improved sleeping patterns, and lowered blood pressure.

There has been demonstrable evidence of restored immune functions as well. In a German study, 22 kindergarten children who took a weekly sauna were compared with a control group in which the children took no saunas. The children were followed for 18 months and a careful record was made of their incidence of ear infections, colds, and upper respiratory problems. Children who did not take saunas suffered from twice the number of sick days as their counterparts. The conclusion of this study is that children who used sauna therapy regularly have an improved resistance to infections. Ridding your body of years of accumulated toxins is important and will help you remain healthy.

The Riordan Clinic recommends infrared sauna therapy, chelation, and guided detoxification programs as effective ways to remove toxins that have accumulated in the body.

TO FIND OUT IF ANY OF THESE THERAPIES ARE FOR YOU, MAKE AN APPOINTMENT WITH A RIORDAN CLINIC PHYSICIAN TODAY BY CALLING 316-682-3100.

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13 Health Benefits of Coffee, Based on Science



AUTHOR

Kris Gunnars, BSc

Coffee is actually very healthy. It is loaded with antioxidants and beneficial nutrients that can improve your health. The studies show that coffee

drinkers have a much lower risk of several serious diseases. Here are the top 13 health benefits of

coffee, that have been confirmed in actual human studies.

1. Coffee Can Improve Energy Levels and Make You Smarter

Coffee can help people feel less tired and increase energy levels (1, 2). This is because it contains a stimulant called caffeine, which is actually the most commonly consumed psychoactive substance in the world (3). After you drink coffee, the caffeine is absorbed into the bloodstream. From there, it travels into the brain (4). In the brain, caffeine blocks an inhibitory neurotransmitter called Adenosine. When that happens, the amount of other neurotransmitters like norepinephrine and dopamine actually increases, leading to enhanced firing of neurons (5, 6). Many controlled trials in humans show that coffee improves various aspects of brain function. This includes memory, mood, vigilance, energy levels, reaction times and general cognitive function (7, 8, 9).



BOTTOM LINE: Caffeine blocks an inhibitory neurotransmitter in the brain, which leads to a stimulant effect. This improves energy levels, mood and various aspects of brain function.

2. Coffee Can Help You Burn Fat

Did you know that caffeine is found in almost every commercial fat burning supplement? There's a good reason for that... caffeine is one of the very few natural substances that have actually been proven to aid fat burning. Several studies show that caffeine can boost the metabolic rate by 3-11% (10, 11). Other studies show that caffeine can specifically increase the burning of fat, by as much as 10% in obese individuals and 29% in lean people (12). However, it is possible that these effects will diminish in long-term coffee drinkers.

BOTTOM LINE: Several studies show that caffeine can increase fat burning in the body and boost the metabolic rate.

3. The Caffeine Can Drastically Improve Physical Performance

Caffeine stimulates the nervous system, causing it to send signals to the fat cells to break down body fat (13, 14). But caffeine also increases Epinephrine (Adrenaline) levels in the blood (15, 16). This is the "fight or flight" hormone, designed to make our bodies ready for intense physical exertion. Caffeine makes the fat cells break down body fat, releasing them into the blood as free fatty acids and making them available as fuel (17, 18). Given these effects, it is not surprising to see that caffeine can improve physical performance by 11-12%, on average (20, 29). Because of this, it makes sense to have a strong cup of coffee about a half an hour before you head to the gym.

BOTTOM LINE: Caffeine can increase adrenaline levels and release fatty acids from the fat tissues. It also leads to significant improvements in physical performance.

4. There Are Essential Nutrients in Coffee

Coffee is more than just black water. Many of the nutrients in the coffee beans do make it into the final drink. A single cup of coffee contains (21):

Riboflavin (Vitamin B2): 11% of the RDA.

Pantothenic Acid (Vitamin B5): 6% of the RDA.

Manganese and Potassium: 3% of the RDA.

Magnesium and Niacin (B3): 2% of the RDA.

Although this may not seem like a big deal, most people are drinking more than one cup per day. If you drink 3-4, then these amounts quickly add up.

BOTTOM LINE: Coffee contains several important nutrients, including Riboflavin, Pantothenic Acid, Manganese, Potassium, Magnesium and Niacin.

5. Coffee May Lower Your Risk of Type II Diabetes

Type 2 diabetes is a gigantic health problem, currently afflicting about 300 million people worldwide. It is characterized by elevated blood sugars in the context of insulin resistance or an inability to secrete insulin. For some reason, coffee drinkers have a significantly reduced risk of developing type 2 diabetes. The studies show that people who drink the most coffee have a 23-50% lower risk of getting this disease, one study showing a reduction as high as 67% (22, 23, 24, 25, 26). According to a massive review that looked at data from 18 studies with a total of 457,922 individuals, each daily cup of coffee was associated with a 7% reduced risk of developing type 2 diabetes (27).



BOTTOM LINE: Several observational studies show that coffee drinkers have a much lower risk of getting type II diabetes, a serious disease that currently afflicts about 300 million people worldwide.



6. Coffee May Protect You From Alzheimer's Disease and Dementia

Alzheimer's disease is the most common neurodegenerative disease and the leading cause of dementia worldwide. This disease usually affects people over 65 years of age.

Unfortunately, there is no known cure for Alzheimer's. However, there are several things you can do to prevent the disease from showing up in the first place. This includes the usual suspects like eating healthy and exercising, but drinking coffee may be incredibly effective as well. Several studies show that coffee drinkers have up to a 65% lower risk of getting Alzheimer's disease (28, 29).

BOTTOM LINE: Coffee drinkers have a much lower risk of getting Alzheimer's disease, which is a leading cause of dementia worldwide.

Contact the Editor

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

Thank you for reading,



Dr. Anne Zauderer
Editor

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7. Caffeine May Lower The Risk of Parkinson's

Parkinson's disease is the second most common neurodegenerative disease, right after Alzheimer's. It is caused by death of dopamine-generating neurons in the brain.

Same as with Alzheimer's, there is no known cure, which makes it that much more important to focus on prevention. In studies, coffee drinkers have a much lower risk of developing Parkinson's disease, with a reduction in risk ranging from 32-60% (30, 31, 32, 33). In this case, it appears to be the caffeine itself that is causing the effect. People who drink decaf don't have a lower risk of Parkinson's (34).

BOTTOM LINE: Coffee drinkers have up to a 60% lower risk of getting Parkinson's disease, the second most common neurodegenerative disorder.

8. Coffee Appears to Have Protective Effects on The Liver

The liver is an amazing organ that carries out hundreds of important functions in the body. Several common diseases primarily affect the liver, including hepatitis, fatty liver disease and others. Many of these diseases can lead to a condition called cirrhosis, in which the liver has been largely replaced by scar tissue. It turns out that coffee may protect against cirrhosis. People who drink 4 or more cups per day have up to an 80% lower risk (35, 36, 37).

BOTTOM LINE: Coffee drinkers have a much lower risk of developing cirrhosis, which can be caused by several diseases that affect the liver.

9. Coffee Can Fight Depression and Make You Happier

Depression is a serious mental disorder that causes a significantly reduced quality of life. It is incredibly common and about 4.1% of people in the U.S. currently meet the criteria for clinical depression. In a Harvard study published in 2011, women who drank 4 or more cups per day had a 20% lower risk of becoming depressed (38). Another study with 208,424 individuals found that those who drank 4 or more cups per day were 53% less likely to commit suicide (39).

BOTTOM LINE: Coffee appears to lower the risk of developing depression and may dramatically reduce the risk of suicide.

10. Coffee Drinkers Have a Lower Risk of Some Types of Cancer

Cancer is one of the world's leading causes of death and is characterized by uncontrolled growth of cells in the body. Coffee appears to be protective against two types of cancer... liver cancer and colorectal cancer. Liver cancer is the third leading cause of cancer death in the world, while colorectal cancer ranks fourth (40). Studies show that coffee drinkers have up to a 40% lower risk of liver cancer (41, 42). One study of 489,706 individuals found that those who drank 4-5 cups of coffee per day had a 15% lower risk of colorectal cancer (43).

BOTTOM LINE: Liver and colorectal cancer are the 3rd and 4th leading causes of cancer death worldwide. Coffee drinkers have a lower risk of both.

Upcoming Events

For more information or to register for any of these events, please visit RiordanClinic.org/events or call 316.682.3100

Food as Medicine

Wednesday, April 4th

11:30am – 1:30pm

Cost: FREE

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. **PLEASE NOTE:** This course is available in-person at the Wichita campus, and online. For more information please visit: riordanclinic.org/food-as-medicine

21-Day Detox Program

Fridays April 20th and 27th, May 4th and 11th

Noon -1:00pm @ Wichita Campus

Dr. Anne Zauderer

Cost: \$39

Dr. Anne will lead classes in a group setting discussing how to properly do a detox program. She will walk participants through a detox program while also discussing important topics related to avoiding toxins in our environment. Class is limited to 20 participants. Class includes: weekly BIA, group class/discussion on detox, jump drive with recipes, detox booklet, and guest lecturers.

11. Coffee Does Not Cause Heart Disease and May Lower The Risk of Stroke

It is often claimed that caffeine can increase blood pressure. This is true, but the effect is small (3-4 mm/Hg) and usually goes away if you drink coffee regularly (44, 45). However, the effect may persist in some people, so keep that in mind if you have elevated blood pressure (46, 47). That being said, the studies do NOT support the myth that coffee raises the risk of heart disease (48, 49). In fact, there is some evidence that women who drink coffee have a reduced risk of heart disease (50). Some studies also show that coffee drinkers have a 20% lower risk of stroke (51, 52).



BOTTOM LINE: Coffee may cause mild increases in blood pressure, which usually diminish over time. Coffee drinkers do not have an increased risk of heart disease, but a slightly lower risk of stroke.

12. Coffee May Help You Live Longer

Given that coffee drinkers are less likely to get many diseases, it makes sense that coffee could help you live longer. There are actually several observational studies showing that coffee drinkers have a lower risk of death. In two very large studies, drinking coffee was associated with a 20% lower risk of death in men and a 26% lower risk of death in women, over a period of 18-24 years (53). This effect appears to be particularly strong in type II diabetics. In one study, diabetics who drank coffee had a 30% lower risk of death during a 20 year study period (54).

BOTTOM LINE: Several studies show that coffee drinkers live longer and have a lower risk of premature death.

13. Coffee is The Biggest Source of Antioxidants in The Western Diet

For people who eat a standard Western diet, coffee may actually be the healthiest aspect of the diet. That's because coffee contains a massive amount of antioxidants. In fact, studies show that most people get more antioxidants from coffee than both fruits and vegetables... combined (55, 56, 57). Coffee is one of the healthiest beverages on the planet. Period.

Kris is a nutrition researcher with a Bachelor's degree in medicine. He has spent years reading books, blogs and scientific studies on nutrition. Evidence-based nutrition is his passion and he plans to devote his career to informing people about it. He stays fit by lifting weights, taking walks and eating real food.

This article was originally published June 15, 2017 on the website, Healthline. It can be viewed here: <https://www.healthline.com/nutrition/top-13-evidence-based-health-benefits-of-coffee#section13>. For links to the references cited, please visit the previous link or <https://riordanclinic.org/2018/03/13-health-benefits-of-coffee-based-on-science/>

FRIDAYS - APRIL 20TH AND 27TH, MAY 4TH AND 11TH

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**21-DAY
DETOX
PROGRAM**

Learn more at riordanclinic.org/events

For more information or to register for any of these events, please visit RiordanClinic.org/events or call 316.682.3100

Upcoming Events

Lunchtime Lecture: A Toxin-Free Summer: Your Guide to Avoiding Chemicals

Wednesday, May 16th

Noon -1:00pm @ Wichita Campus

Dr. Anne Zauderer

Cost: FREE

Summer is a great time to start new, healthy habits. Join Dr. Anne Zauderer as she discusses easy ways to eliminate chemicals that you are unknowingly using, especially in the summertime. Products such as sunscreen, bug spray, lawn care products, and insecticides are potentially harmful to you and your family's health. Dr. Anne will give easy, natural replacements that you can purchase or make yourself.

Lunchtime Class: Music Makes You Feel Better!

Friday, June 15th

Noon -1:00pm @ Wichita Campus

Cindy Houston, Garten's Music

Cost: FREE

Join us for a fun presentation by Cindy Houston from Garten's Music about the physical, mental, and emotional benefits of making and listening to music. Cindy's goal is to help people of all ages feel comfortable and enjoy making music. This class is hands-on, so come ready to learn and experience the benefits of music!



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RIORDANCLINIC.ORG/REAL-HEALTH

DR. ANNE ZAUDERER

One of my favorite quotes, by the esteemed Maya Angelou, is “My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor and some style.” To me, this quote embodies what it means to have Real Health. Health is not merely the absence of disease, but it is also having a purpose and passion in life and the energy to pursue those endeavors.

MY MISSION IN LIFE IS NOT MERELY TO SURVIVE, BUT TO THRIVE; AND TO DO SO WITH SOME PASSION, SOME COMPASSION, SOME HUMOR AND SOME STYLE

My perception of health is not a destination, but rather the journey you are on in life. Health is making one better choice every day. It's very empowering to take control of where you are headed. You are not a victim of your choices, you own them. You can choose to do things that fuel your body and invigorate your mind, not because you “have” to, but because you **choose** to be the best version of yourself in that very moment.

Health is not something to be taken for granted. In the blink of an eye it can be gone. Too many of us wait until “the right moment” to begin our health journey. Maybe it's once our kids are grown, or our job is less stressful, or we can afford a gym membership. We have a perception of what it will be like to “live a healthy life.” Very often this includes giving up some of our favorite things (soda, fast food, sugar) or doing things we don't want to do (i.e. exercise and eat greens). When you think about those things too hard, it's very easy to come up with reasons to postpone prioritizing your health.

A few things to keep in mind on your journey:

- Don't beat yourself up for the poor choices you make, but rather celebrate the good ones.
- Make a plan and set goals, but make those goals very attainable for you.
- Small changes over a long period of time that turn into habits have a greater impact than big changes that are short-lived.

Never stop choosing to be your best self. Don't just survive ... THRIVE!

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