



Riordan
Clinic

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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."

A Guide to Your Best, Healthy Summer!



AUTHOR

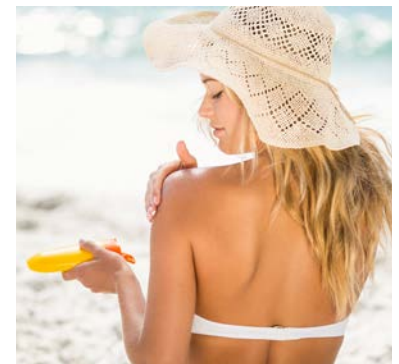
Dr. Anne Zauderer

Summer is a great season. Flowers are in bloom, vegetables are ripening, and the days are long. The new growth and life are motivating for us to form new habits, get more active, and enjoy the beautiful outdoors. In this article, we are going to be talking about how to make the most of our summer months by avoiding common chemicals used in the summertime and creating new routines and habits that will fuel a healthy lifestyle.

Spend Time in the Sun

Sun exposure has become synonymous with sunscreen. We slather on the SPF 50 amid warnings of skin cancer. But did you know that sun exposure can actually help prevent skin cancer?

Ultraviolet (or UV) rays from the sun come in two main wavelengths: UVA and UVB. In high amounts, both can be damaging to the skin. However, there are differences between the two. UVA penetrates the skin deeper, causing more free radical damage. UVA is also present in higher amounts during most hours of daylight.



UVB, on the other hand, is present in low amounts in the morning and evening and in high amounts during midday. UVB is the wavelength that stimulates the production of vitamin D in the skin. This supplies greater than 90% of the body's requirement for vitamin D. The active form of vitamin D, in addition to regulating calcium metabolism, also has anti-carcinogenic (anti-cancer) and anti-melanoma properties (1). In addition to this, vitamin D has also been shown to provide photoprotection against the damaging effects of UVB rays.

RECOMMENDATIONS: The best time to expose your skin to the sun for adequate production of vitamin D is during midday (approximately 10:00am – 2:00pm) during summer months. People with fair skin will only need about 10 - 20 minutes in the sun to provide enough exposure to produce enough vitamin D. Individuals with a darker complexion might need longer. On average, sitting in the sun during this time of day for 10 minutes

Continued on page 2

Homemade Sunscreen

Total Time:
30 Minutes

Applications:
10

INGREDIENTS

- 10 drops lavender
- 1 tbsp pomegranate oil
- 3/4 C coconut oil
- 2 tbsp Zinc Oxide
- 2 tbsp shea butter
- Glass Jar

This is a great, simple recipe for making your own sunscreen. The SPF is not exactly known, but is more likely on the lower end. Make sure to continually reapply, especially after swimming or sweating.

DIRECTIONS:

1. Combine all ingredients except zinc oxide in a jar.
2. Place a saucepan with 2 inches of water on stove over medium/low heat.
3. Place jar in saucepan and stir contents until ingredients start to melt.
4. Once all ingredients are combined, add in zinc oxide and stir well. Store in a cool place.

draxe.com/homemade-sunscreen

Natural Weed Killer

INGREDIENTS

- 1 gallon white vinegar
- 1 cup salt
- 1 tablespoon liquid dish soap

Combine ingredients in a spray bottle and treat weeds by spraying directly on them. For best results, use at the sunniest time of day.

will stimulate the body to make 10,000 units of vitamin D. If you are going to be in the sun longer, it is recommended you use a natural sunscreen to protect yourself from the harmful effects of UV rays (2). Please see the recipe in the sidebar to learn how to make your own sunscreen.



How do you know if you are at risk for vitamin D deficiency? Unfortunately, if you are living in the United States, you are at risk. The distance of the United States from the equator puts it in a position where most states don't get enough sunlight during most days in the year to produce adequate vitamin D levels. According to the National Health and Nutrition Examination Survey (NHANES), the population most at risk is people with darker skin. More than 90 percent of African Americans, Hispanics and Asians living in the United States now suffer from vitamin D insufficiency. Even those with lighter skin are at risk, with 75% of Caucasians having insufficiency as well (3).

According to the research, vitamin D deficiency has been associated with the following conditions (4):

- Osteoporosis
- Heart disease
- High blood pressure
- Cancer
- Autoimmune diseases
- Depression
- Insomnia
- Arthritis
- Diabetes
- Asthma
- Multiple Sclerosis
- Chronic pain
- Psoriasis
- Fibromyalgia
- Autism

RECOMMENDATIONS: If you are not able to have sufficient time in the sun, supplementation might be necessary. You will want to supplement in the form of cholecalciferol (otherwise known as D3). Most prescriptions for vitamin D are in the D2 form. According to Dr. Joseph Mercola, "D3 is approximately 87% more potent in raising and maintaining vitamin D concentrations and produces 2- to 3-fold greater storage of vitamin D than does D2." The best way to know what amount to take is to get your levels measured. At the Riordan Clinic, we recommend optimal levels be between 60 -80 ng/ml. For most people, it takes a dose between 5000 IU – 10,000 IU to reach and maintain this level. Vitamin D3 is also better utilized when it is combined in a supplement with vitamin K2 (in the MK-7 form).



Avoid Chemical Herbicides and Pesticides

Everyone loves having a beautiful yard full of green grass and flowers. However, as you embark on your outdoor endeavors, be very mindful of the chemicals you are using this summer in your yard and especially if you have a vegetable garden.

Glyphosate is the most heavily used agricultural chemical of all time. It is the active ingredient in the herbicide Roundup. Worldwide, more than 9.4 trillion tons of it have been sprayed onto agricultural fields since it was introduced in 1974. Up until the mid-1990s, the use of Roundup was more contained because in higher amounts it was toxic to not only weeds, but also food crops. In the 1990s, Monsanto, an agricultural biotechnology company,

started to introduce “Roundup ready” seeds. These are genetically engineered seeds that are resistant to Roundup. From that point forward, the use of Roundup soared. Levels have increased from 11 million pounds used per year in the U.S. in 1987 to current levels of over 300 million pounds used per year (5). The result is that this chemical residue is pervasive in our food supply, it has seeped into our groundwater, and it is affecting our health.

The World Health Organization’s International Agency for Research on Cancer (IARC) classified glyphosate as a probable human carcinogen. They have cited years of research that shows genetic toxicity and oxidative stress from glyphosate. It has also been shown to be an endocrine disruptor, meaning it interferes with the hormone signaling systems in our body. Research also shows that glyphosate inhibits cytochrome P450 pathways in the liver (6). These pathways are responsible for detoxifying the chemicals we are exposed to on a daily basis. By inhibiting these pathways, glyphosate is compounding the damaging effects of all the chemicals we are exposed to in our environment. Finally, the biochemical pathway that glyphosate disrupts in plants is one called the shikimate pathway. This pathway is involved with the synthesis of the amino acids tryptophan, phenylalanine, and tyrosine. By disrupting this pathway, glyphosate effectively kills weeds.

Humans and other animals do not have the shikimate pathways, therefore glyphosate was deemed harmless for humans. However, what scientists failed to take into consideration, especially during the mid-1990s when the use of glyphosate soared, was that the trillions of bacteria that live in our gut do have a shikimate pathway. As we have learned more about the important role our microbiome plays in our overall health, this greatly increases the concern over using this chemical, especially amid increasing rates of irritable bowel syndrome and food allergies.

RECOMMENDATIONS: When choosing produce, opt for organic as much as possible. Refer to the Environmental Working Group’s “Dirty Dozen” for the 12 worst fruits and vegetables with a pesticide residue.

Try replacing the chemical herbicides and pesticides you use with natural alternatives. You can make your own natural weed killer using the recipe on page 2. You can also strategically plant certain herbs in planters or surrounding your garden to repel the following insects (7).



Basil: Repels house flies and mosquitos

Lavender: Repels moths, fleas, flies and mosquitoes

Lemongrass: Repels mosquitoes

Lemon thyme: Repels mosquitoes

Mint: Repels mosquitoes

Rosemary: Repels mosquitoes and a variety of insects harmful to vegetable plants

Bay leaves: Repels flies

Chives: Repels carrot flies, Japanese beetle and aphids

Dill: Repels aphids, squash bugs, spider mites, cabbage loopers and tomato hornworms

Fennel: Repels aphids, slugs and snails

Lemon balm: Repels mosquitoes

Oregano: Repels many pests and will provide ground cover and humidity for peppers

Parsley: Repels asparagus beetles

Thyme: Repels whiteflies, cabbage loopers, cabbage maggots, corn earworms, whiteflies, tomato hornworms and small whites

Environmental Working Group’s 2018 “Dirty Dozen”

Buying these fruits and vegetables from an organic source will significantly reduce the amount of pesticides and herbicides you are consuming.



STRAWBERRIES



SPINACH



NECTARINES



APPLES



GRAPES



PEACHES



CHERRIES



PEARS



TOMATOES



CELERY



POTATOES



SWEET BELL PEPPERS



3 Minute Lemon Dijon Vinaigrette

Prep Time:
3 Minutes

Total Time:
3 Minutes

INGREDIENTS

- 1 clove large garlic - chopped
- 1 Lemon, juiced
- 3 tablespoons dijon mustard
- 1/4 cup apple cider vinegar
- 3/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons chopped fresh herbs (parsley, rosemary, basil, and/or thyme)

With just a few simple ingredients you can whip up a batch of this 3 minute Lemon Dijon Vinaigrette! This is Whole 30 and Paleo compliant. Use herbs fresh from your garden!

DIRECTIONS

1. Add all ingredients into a blender and blend for about 15 seconds or until creamy.
2. Store in a covered container in the refrigerator for up to a week.

Source: <https://laughingspatula.com/3-minute-lemon-dijon-vinaigrette/>

Sweat and Detox

Sweat is one of the body’s main modes of detoxification. An inability to sweat or a lack of an opportunity to sweat can impair your body’s ability to rid itself of toxins. Summertime is a great season to begin and develop habits around exercise that induces a sweat. In addition to the higher temperatures, foods that are readily available (and easy to grow in a garden!) support detox of the liver. Some of the best foods to consume in a whole form or in a pressed juice form are: garlic, apples, beets, carrots, leafy greens, avocados, lemons, and cruciferous vegetables. Fresh herbs used in cooking or steeped as teas also promote detox in the liver are: turmeric, dandelion root, peppermint, milk thistle, and ginger.

RECOMMENDATIONS: Make healthy, fresh, organic fruits and vegetables the centerpiece to your diet this summer! Grow an herb garden and incorporate fresh herbs and dried spices into your cooking to help reduce inflammation and promote detox. Find ways to spend time outside and induce sweating. (Please see sidebar for a recipe for a salad dressing that incorporates fresh herbs!) If you have a hard time with the sun or heat, a great alternative that can promote detox and sweating is infrared sauna use.

In addition, make sure you choose a deodorant that does not contain toxic ingredients (like aluminum) that block the action of sweating. Aluminum has also been shown to interfere with estrogen receptors and alter DNA, consistent with the promotion of breast cancer (8).

IN CONCLUSION, it can be overwhelming with all of the choices we have to make when it comes to our health. Educating yourself is always the best first step. As Dr. Hugh Riordan used to say, “Once you know, you can never not know, and you are forever changed.” Find what works best for you and gradually incorporate changes that fit in your lifestyle.

A journey of a thousand miles begins with a single step. (Lao Tzu) Here at the Riordan Clinic, we are glad to have you on this journey with us! For more information about who we are and what we do, please visit riordanclinic.org.

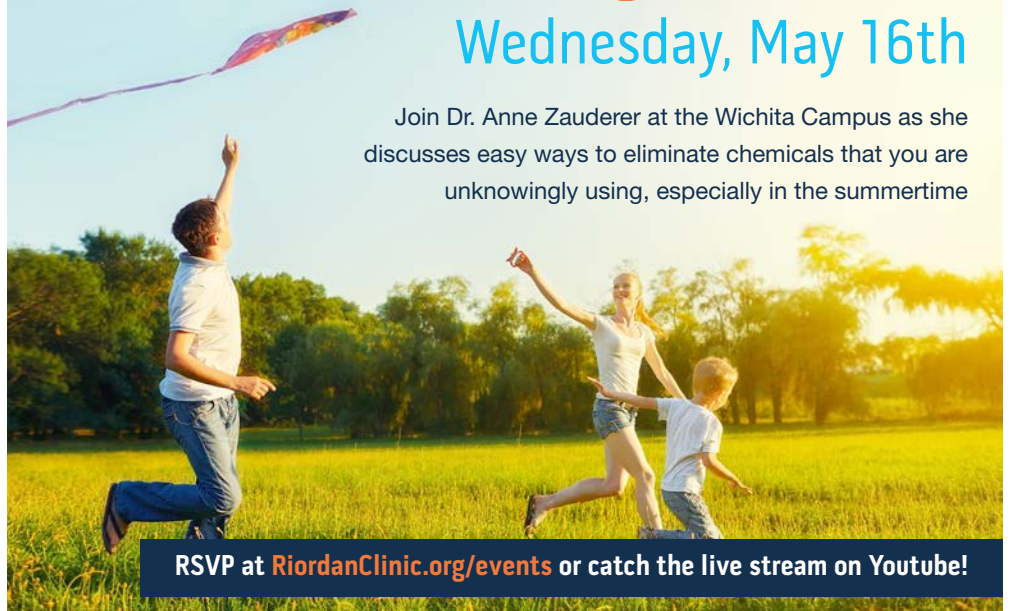
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FREE LUNCHTIME LECTURE

A Toxin-Free Summer: Your Guide to Avoiding Chemicals

Wednesday, May 16th

Join Dr. Anne Zauderer at the Wichita Campus as she discusses easy ways to eliminate chemicals that you are unknowingly using, especially in the summertime



RSVP at RiordanClinic.org/events or catch the live stream on Youtube!

Music Makes You Feel Better!

By Cindy and Amy Houston



These days we have many activities and responsibilities that compete for our time and attention. Outside school, children are busy with everything from sports to gaming. Adults are often caring for their kids, grandkids or elderly relatives in addition to working. It seems that we are all busier, and under more stress than ever. Columbia University researchers tell us 80% of our illnesses are related to the stress in our lives.

Did you know that the simple act of listening to music we love can help us relax and reduce anxiety? Most of us have had the experience of music lifting our spirits when we're blue, or reminding us of a special event or memory associated with the song.

We often don't realize how much music is used around us to set a mood. Soothing music is played in the elevator and the doctor's office to reduce anxiety. Peppy music with a strong beat is played at the gym to encourage us to increase our activity level. But there is so much more that music can do for us!

Michigan State University Extension recognizes the importance of music in relieving stress and anxiety: "Research indicates that music stimulates the brain's production of endorphins, the 'feel good' hormones in our bodies. This stimulation can result in improved blood flow and blood pressure. Further studies show even more benefits from music therapy when it is used not as an end product, but as a tool for health and well-being."

Music can help us manage pain, partly by drawing our attention away from the pain. In addition, when we listen to music we enjoy our brains produce those feel-good hormones. The pleasant feelings that result combined with the distraction can provide drug free pain relief. Many medical facilities use music to help elevate patients' moods, calm apprehension or anxiety, and promote movement during physical therapy.

We can be mindful about using music to enhance our lives and help us feel better when we are listening to our favorite songs. Further research shows that when **we make the music ourselves**, the benefits are greatly increased.

Studies have shown that playing an instrument increases memory capacity, enhances cognitive skills and hand-eye coordination, and boosts focus and concentration. University studies conducted in Georgia and Texas found significant correlations between the number of years of instrumental music instruction and student achievement in math, science and language arts. Music students especially enjoyed higher scores in math (improved understanding of fractions was notable) and reading comprehension.

Of course, the educational benefits of making music lead to improved test scores, including on the SATs. But helping children get a strong start in music, and encouraging them to stick with their new hobby, is a gift they can use all their lives. With music, they can reap the benefits far into the future.

Many adults continue enjoy making music in their advanced years. According to the Alzheimer's Australia Dementia Research Foundation, "New research published in the

Contact the Editor

Please send any comments or suggestions to
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Thank you for reading,



**Dr. Anne
Zauderer**
Editor

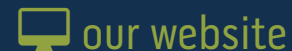
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Health Hunters Newsletter

Join our mailing
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this monthly
newsletter FREE.

To sign up, go to
riordanclinic.org or email us
at information@riordanclinic.org

UBI: For Acute and Chronic Infections

\$215
\$185

Ultraviolet Blood Irradiation (UBI) is a procedure used to effectively treat both acute and chronic infections.

UBI exposes a patient's blood to light to heighten the body's immune response and to kill infections. With exposure to UV light, bacteria and viruses in your bloodstream absorb five times as much photonic energy as do your red and white blood cells.

The fragments of the killed infecting agents create a safe, autogenous vaccination-like response. This further activates and directs your immune system to the specific infections your body is attempting to overcome.

Riordan Clinic Co-Learners have seen a positive response with this therapy for shingles, tooth abscesses, Lyme disease, influenza, sinusitis, and acute/chronic inflammatory conditions plus many more!

For more information, please call the Riordan Clinic at 316-682-3100.

Must be a current patient

International Journal of Alzheimer's Disease suggests that playing a musical instrument during adulthood is significantly associated with reduced risk of cognitive impairment and dementia."

Adults often believe it is too late to learn to play an instrument if they didn't learn as children but it is never too late to learn to make music! The beauty of making music is that it isn't just about the music. It's about reaping the unseen benefits – whether one begins in childhood or adulthood.

Adult students in the Goofin' Around Keyboard Class at Garten's Music have experienced this firsthand. Millie Tallman played the organ to cope with her husband's death. "After the evening meal, I sit down and play," she said. "I don't know what I would do without it. It's a godsend. It helps with the loneliness. It's just wonderful to have it."

Joyce O'Dell also appreciates her hobby, especially since she has vision problems including macular degeneration. "It's real hard for me to do a lot of things because of my vision," she said. "When I get nervous or bored or just kind of down, I go in and sit down and start playing. Sometimes I'll tell my husband, Jim, 'Now I'm just going to go play 30 minutes,' and when I look up or he'll say something to me, it's been two or three hours."



When Bill Hall retired from the Air Force, he chose music as his hobby and enrolled in the keyboard class at Garten's. "I think I was looking for this," he said, "and I think I was looking for it for a long time. And while I'm playing, I'm having fun," he added. "I challenge myself when I'm working on a song. I'm staying busy."

No matter our age or expertise we can use music to improve our lives.

Cindy Houston is the second generation owner of Garten's Music and grew up in the music business. Her credentials include six years of experience in banking and finance and thirty years in the music business. She has twenty years experience teaching adults recreational music making and wellness. Cindy can be reached 316-942-1337 or chouston@gartensmusic.com. For more information about Garten's Music, please visit gartensmusic.com or wichitamusicacademy.com.

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, May 2nd

11:30am – 1:30pm @ Wichita Campus

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

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.



Riordan Clinic Iodine

ANNETTE CHLUMSKY, RN

What do you like about this product?

I recently read The Iodine Crisis by Lynne Farrow which is a very compelling book that the body needs iodine. It's not just for the thyroid gland, but for breast health and nearly all other glands can benefit as well.

How has it positively impacted your health?

I was headed for a hysterectomy due to uterine fibroids which were causing heavy bleeding and anemia but decided to try iodine and progesterone instead. It was successful! I made it to menopause when the fibroids naturally continued to shrink.

Who would most benefit from it?

Anyone who needs iodine! Women who have a thyroid disorder or fibroids should get evaluated.



Zinc 30

AMANDA LEE NCMA, AAS

What do you like about this product?

I love how this product helps naturally "lift" you into a better state of mind.

How has it positively impacted your health?

After being diagnosed with post-partum depression and automatically being given anti-depressants, I just wanted to be myself again. Zinc 30 came through and delivered exactly what I wanted, ME! And the best part was, there were no crazy adverse reactions or side effects.

Who would most benefit from it?

Anyone with Methylation issues or depression in general.



Calm Magnesium Gummies

AMANDA LEE NCMA, AAS

What do you like about this product?

Helps with sleep aid and assists with decreasing stress.

How has it positively impacted your health?

Being a full-time mom and full-time employee I hardly get a chance to truly unwind. When stress is high and I just need a little push to help calm my body down after a crazy day, I'll take two of the gummies before bed and sleep like a baby! I have even given my daughter a half of a gummy when she is having a rough day or having difficulties just shutting down at the end of the day and she wakes up refreshed and ready to take on her playful day.

Who would most benefit from it?

Everyone! Magnesium has so many amazing properties for people of all ages!

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

Upcoming Events

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!

Lunchtime Lecture: Memory Reboot: How to Slow Memory Decline and Improve Cognitive Performance

Wednesday, July 18

Noon -1:00pm @ Wichita Campus

Dr. Sean Hubbard

Cost: FREE

Our memories are an important piece of who we are. It can be a troubling experience when our memory starts to decline. Join Dr. Sean Hubbard as he discusses strategies to help slow memory loss and improve cognitive performance.



#ichooserealhealth

RIORDANCLINIC.ORG/REAL-HEALTH

WRITTEN BY: **JB WILSON**

What Real Health Means to Me

For as far back as I can recall, I have been plagued with anxiety. In my youth the mere thought of an exam or the possibility of failure would be followed with a crippling panic attack. My sophomore year of college was one of the hardest of my life. If I didn't have to leave my house, I wouldn't. I stayed locked in my room away from any form of social interaction. Driving my car was a nerve-racking experience that turned any commute into a nightmare. All I could think about was the car spiraling out of control or breaking down, leaving me stranded on the side of the road. I lived this way for most of my college experience, until I discovered CBD oil my senior year. A few drops and twenty minutes later I could function. I was jogging, calling people I hadn't spoken to in years and attending crowded events. A drive across town became a wonderful experience that gave me the opportunity to turn up the radio and just relax.

Through meditation, breathing techniques, and modest doses of CBD oil, I completely turned my life around. I became so productive and confident that last year I spent 6 months out-of-state. Every morning I would take a casual stroll to work, and every night I would go for a hike. Just three years ago that would have been a complete impossibility.

I hesitate to share this information because I don't want to give the impression that CBD is a magic bullet. It's not. The truth is that



overcoming my anxiety was a lot of hard work. There were years of pushing my boundaries, learning to accept that regardless of my actions, inconveniences were going to take place. I had to learn to let go and breathe when life handed me the proverbial lemon. CBD oil was a great stepping stone, a tool that helped me overcome the obstacles in my life.

That is what real health means to me, the opportunity to live life, and genuinely enjoy the time I've been given. In college I wasn't living. I was so terrified of the consequences of reality, I never tried to reap the benefits of a fulfilling existence. After living most of my life in constant panic and paranoia, I was finally able to conquer my condition through natural medicine. Many times on my journey I considered getting a prescription for anti-anxiety medication. I was so desperate to find any Band-Aid that would alleviate my illness. It fills me with unimaginable joy that I waited until I could find a holistic, positive solution. The ability to go through my day unaltered by prescription drugs is a luxury I never anticipated.

Although the use of CBD oil is a controversial issue in my hometown of Wichita, Kansas, I can honestly say I have had nothing but a positive experience using it. Perhaps if I am open about my own personal benefits with meditation and CBD oil, it will help create a dialogue and assist another individual who is also dealing with crippling anxiety.

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