



Riordan  
Clinic

# Health Hunters

June  
2018

Vol. 32  
No. 6



## Inside this Issue

|                                     |     |
|-------------------------------------|-----|
| Regenerative Injection Therapies    | 1-4 |
| Recipe: Lemon Poppy Seed Pound Cake | 5   |
| Get Ready for Summer with HGC       | 6-7 |
| Upcoming Events                     | 6-7 |
| What Real Health Means to Me        | 8   |

## Regenerative Injection Therapies

A treatment modality, dating back to 1830, for chronic pain and injury



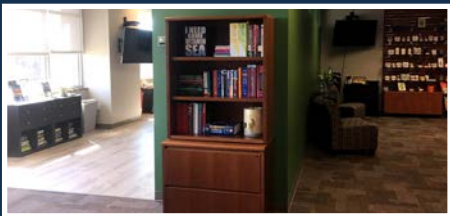
**AUTHOR**

*Dr. Dustin Moffitt*

From a physiological standpoint, our body is a system of levers, pullies, and mechanical components that allow us to sit, stand, dance, and move. The study of how these pieces move together is called Kinesiology.

Translating this metaphor to the body, the mechanical levers are our bones. Skeletal levers vary in size and shape and move our joints. Between the levers lie the joints. Each joint has a sac that contains synovial fluid, which creates protective cushioning between each skeletal connection. Often this joint contains another fluid-filled sac, called a bursa, which provides additional protection during movement from rubbing.

Over the joints are several ligaments, which are cord-like pieces of fibrous connective tissue that reach from one bone to the next. In a perfectly functioning body, these ligaments are an ideal length – neither too long, nor too short – and provide just enough movement to allow the joint to perform its actions. Tendons, a fibrous collagen tissue, connect each bone to a muscle. Muscles contract and relax, pulling on these tendons to create movement. Ligaments work diligently to ensure muscles do not pull too hard, thus preventing movement from occurring in the wrong direction. This is our “pulley system.”



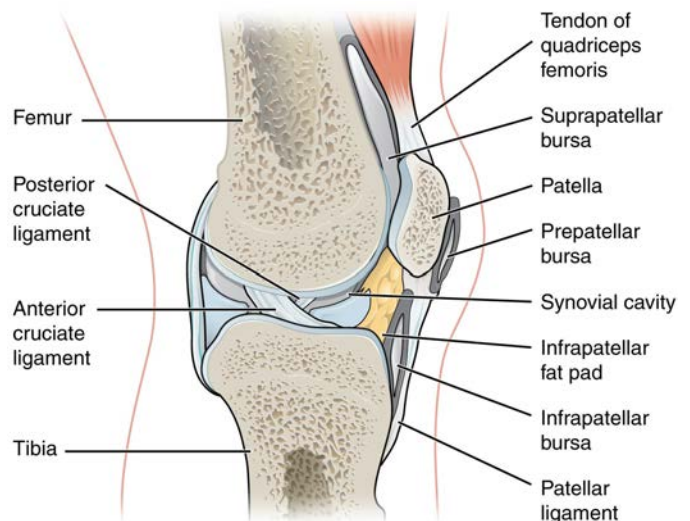
*You're Invited*

Come take a look at the new office!  
**TUESDAY JUNE 5TH**

**Ribbon Cutting at 4:30pm**  
**Open house 5-7pm**

6300 W. 143rd Street Suite 205  
Overland Park

Let's look at the knee as an example. Comprised of four bones, the knee is where the femur (a long bone in the thigh) meets with the tibia and fibula (two long bones forming the lower leg). The patella provides a “cap” where these bones meet, preventing forward movement past 180 degrees. The meniscus and bursa are internal



*Continued on page 2*

components that insure the bones do not damage each other during movement. Our knee has groups of ligaments: anterior cruciate ligament (ACL), posterior cruciate ligament (PCL), medial collateral ligament, lateral collateral ligament, and fibular collateral ligament, which prevent the bones from moving too far in any direction. In addition, there are several muscles that act upon the knee joint, coming from our thigh, our calf, and even reaching down into our foot, that help create actions within our legs. Each muscle is connected by a tendon to at least one bone.



This brings us to the study of Kinesiology, and the development of Prolotherapy. If the body is geared to prevent damage, then how does it occur? And secondly, rather than applying a bandage, an artificial structure, or a crutch, how can we help the body return to what it was meant to do? How do we repair the ligaments, tendons, muscles, and joint space so that the body works in harmony?

If every system in our body was in perfect physiological form, and moved exactly as it was meant to, kinesiology would be an uninteresting subject. The body optimally prevents injuries. However, circumstances are not always within our control. When an injury does occur, our bodies are equipped with the tools necessary to repair the injury.

Sometimes the damage is too great, whether it be too fast, too strong, or too long in duration. We also sometimes lack the patience needed to allow our bodies to heal. Other times a nutritional deficiency prevents the body from having the tools it needs to repair, sort of like missing a wrench in your tool box.

In some cases the injury begins small injury and grows over time, like a minor oil leak. We are frequently moving our bodies in ways

it was not originally designed to move, bearing excess weight or stress on a joint, and overusing or misusing the machine. This causes uneven and excessive wear, resulting in conditions such as joint inflammation, torn ligaments, and strained muscles. Before we know it, that small and manageable oil leak becomes a gusher, and prevents our machine from working properly.

When an injury occurs, our brain is very aware of it. With a high level of attention, our body does its best to recover. If it doesn't have the tools needed, has too many other problems to focus on, or doesn't have enough time between injuries, it must adapt. It creates a "work around" for the problem, often at the expense of our quality of life.

From pain relievers and anti-inflammatories, to braces and patches, the more common solution has been a bandage approach. However, these treatments do not return the body to its original state. Individuals are more frequently ending up with metal pins and plates, pharmaceutical dependencies, or immobilized solutions to their pains.

Back to our original question – how do we return the body to normal? The holistic medicine perspective has taken a different, more functional approach to repairing these systems. By studying the biochemistry of healing and our kinesiology roots, we have discovered safer, less invasive, and often more permanent solutions to repairing damage in the structure of the body.

Science shows that our body will produce and shuttle certain nutrients upon injury. When it is not given enough tools, time, or attention to the system, a "work around" is formed. In order to heal, we must remind the body of the injury again and encourage it to solve the problem.

With the help of procedures such as Prolotherapy, Prolozone, and Platelet-Rich Plasma Injections (PRP), collectively referred to as Regenerative Injection Therapies (RIT), we can provide essential nutrients directly to an injury. This shuts off the pain receptors, decreases long-term inflammation, and promotes natural healing.

## RATHER THAN APPLYING A BANDAGE, AN ARTIFICIAL STRUCTURE, OR A CRUTCH, HOW CAN WE HELP THE BODY RETURN TO WHAT IT WAS MEANT TO DO?

*Key nutritional supplements can aid the body in reducing inflammation and stimulating growth and repair, especially during times of injury.*



June 11th – 15th

# Summer Blast Special!

All Riordan Clinic brand supplements on sale!

25% OFF



store.riordanclinic.org | (800) 447-7276

Coupon Code **HH0618**

RIT are injection-based modalities that target the injury directly by providing nutrients and attention. Prolotherapy uses dextrose, a sugar solution, to cause a temporary inflammatory response. This gets the brain's attention. In addition to dextrose, a nutrient package is used to help heal the injury. Sort of like lending the body a wrench, the body now has the tools it needs for healing. Prolotherapy takes time. Typically, 3-6 treatments are needed, with 4-6 weeks between each treatment. After the treatment, we continue to provide the body with the tools it needs. Additional supplements can be recommended to encourage growth and healing. The use of pharmaceutical inflammatory suppressants is discouraged during the healing process, as they tend to encourage the brain to lose focus on the injury.

Sometimes the use of Prolotherapy is not enough. Here at the Riordan Clinic, we often combine Prolotherapy with Ozone Therapy. In brief, Ozone is a naturally-occurring molecule consisting of three atoms of oxygen. Because Ozone is highly reactive, it stimulates rebuilding by increasing available oxygen and nutrients to the new forming tissue. It helps expand the joint space, which allows for more fluid movement, especially blood, which brings nutrients and fresh oxygen into the area. This treatment is known as Prolozone.



---

## THROUGH PROPER NUTRITION, THERAPEUTIC EXERCISES AND REGENERATIVE INJECTIONS, WE CAN PROVIDE NATURAL ASSISTANCE TO THE BODY.

---

Severe injuries, or injuries not responding to Prolozone, may need a super-charged approach. Let's take another anatomy detour. Our blood consists of four main components: red blood cells (nutrient shuttles), white blood cells (soldiers and cleaning crews), platelets, and plasma (fluid medium). Platelets are most commonly known for their ability to coagulate when an injury occurs. They prevent us from losing excessive blood by forming clots and scabs over injuries. However, platelets are also jam-packed with hundreds of proteins, called Growth Factors, that help in healing injuries. Growth Factors help stimulate cellular growth (the formation of new cells), proliferation (removing dead cells), and healing.

Platelet-Rich Plasma Therapy (PRP) is the combination of platelets and Prolozone or Prolotherapy. A co-learner first gets blood drawn, and then the blood is spun down in a centrifuge, separating the platelets, and a small syringe is used to transfer the platelets from the blood to the injection. This increases the rate of new growth and repair by up to 10x the normal rate, which is a great option for active individuals.

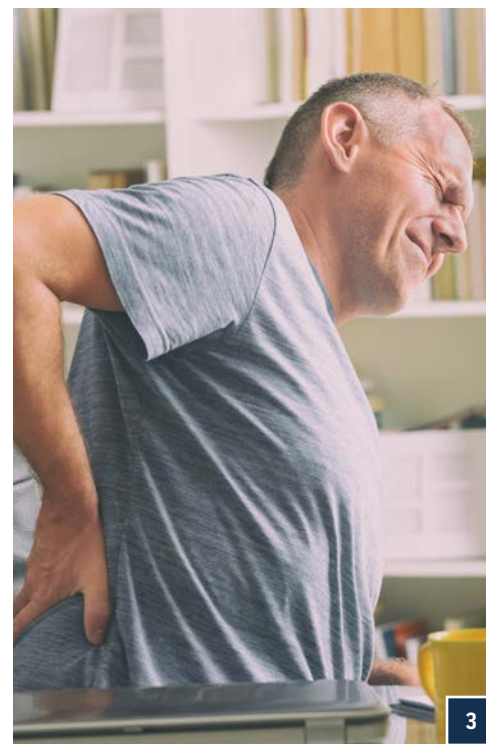
Techniques for Regenerative Injection Therapies vary. Some providers believe that if the entire injection is placed at the center of the injury, the body will diffuse the solution as needed. Other providers (including myself) believe that sometimes the inflammation and stagnation of the region requires a more comprehensive approach. Rather than putting the entire solution in one spot, I inject several different sites surrounding the injury. This insures that every damaged fiber gets a fair share of nutrients. While the process takes a bit longer (30 minutes to an hour on average), patients tend to respond quicker and heal faster.

*Continued on page 4*

## What types of injuries respond best to Regenerative Injections?

In short, if the body can take care of the damage with proper nutrients and time, these injection procedures will help. These injuries include (but aren't limited to):

- Back pain (with or without disc degeneration and bulging)
- Neck pain (with or without disc degeneration and bulging)
- Shoulder pain (including rotator cuff injuries)
- Chronic tendon issues
- Osteoarthritis
- Arthritic joints
- Tennis elbow
- Sports injuries
- Carpal tunnel
- Plantar fasciitis
- Sprains/strain injuries
- Acute ligament and muscle injuries
- Anything less than a 75% tear, even when surgery is recommended (such as ACL and rotator cuff injuries)
- Bursitis
- Whiplash injuries





The time has come to consider Regenerative Injection Therapies that repair before replace and allow our bodies to return to a state of balance. Through proper nutrition, therapeutic exercises and regenerative injections, we can provide natural assistance to the body. By allowing the body to heal itself with natural assistance, we decrease the need for pharmaceutical “bandages”, surgeries, and life altering deterioration.

*Dustin Moffitt, ND, is the primary provider at the Riordan Clinic, Hays location. He was born and raised near Whitewater, Kansas. He received his Doctorate of Naturopathic Medicine from the National College of Natural Medicine (NCNM), now known as National University of Natural Medicine (NUNM).*

*Dr Moffitt spent five years working with the community to teach nutrition and wellness with the Food as Medicine Institute. While practicing in Oregon, Dr. Moffitt worked alongside Acupuncturists, Massage Therapists, and Chiropractors as a primary care physician. He specializes in regenerative injection techniques, pain management, sports rehabilitation, chronic illness, functional medicine, and weight loss. He is currently accepting new patients at the Riordan Clinic Hays location.*

## FREE LUNCHTIME LECTURE Regenerative Injection Therapies for Arthritis and Pain

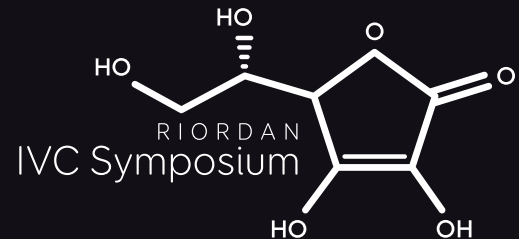
Wed June 20th | Noon – 1 pm @ Wichita Campus  
With Dr. Ron Hunninghake and Dr. Dustin Moffitt



RSVP:  
[RiordanClinic.org/events](http://RiordanClinic.org/events)  
or 316.682.3100

# 2018 IVC SYMPOSIUM

OCT  
4TH  
thru  
6TH



### SYMPOSIUM OBJECTIVES:

- **To bring together experts** who understand the structure and energy-producing function of the mitochondria and have applied their knowledge in the care of chronically ill patients.
- **To bring you up to date on the latest scientific research** that supports the use of intravenous Vitamin C in the support and remediation of mitochondrial distress.

- **To underscore the importance of lifestyle-related adjuvant therapies** that are necessary for the proper care and feeding of your mitochondria.

All attendees will have the opportunity to earn up to **16.5 continuing education hours**. Those attending all three days will also receive certification in the Riordan IVC Protocol.

EARLY BIRD PRICE:

**\$749**

Learn more and register at [ivcandcancer.org](http://ivcandcancer.org)



# LEMON POPPY SEED POUND CAKE RECIPE

Ketogenic, Gluten-Free  
With Almond Flour

Maya Krampf from  
[WholesomeYum.com](http://WholesomeYum.com)

Prep Time  
15 Minutes

Cook Time  
1 hour

Servings  
16

## LEMON POPPY SEED BUNDT CAKE

- 3/4 cup Butter (softened)
- 1 cup Erythritol
- 4 large Egg (at room temperature)
- 3/4 cup Sour cream
- 2 tbsp Lemon extract
- 2 tsp Vanilla extract (optional)
- 3 cup Almond flour
- 2 tsp Gluten-free baking powder
- 3 tbsp Poppy seeds
- 1/2 tsp Sea salt

## LEMON GLAZE

- 3/4 cup Powdered erythritol
- 1/4 cup Lemon juice
- 1/4 tsp Vanilla extract (optional)

## INSTRUCTIONS

1. Preheat the oven to 350 degrees F. Grease a bundt pan and set aside.
2. In a large bowl, use a hand mixer to beat together the butter and sweetener until fluffy.
3. Beat in the eggs, sour cream, lemon extract and vanilla extract.
4. In another bowl, stir together the almond flour, baking powder, poppy seeds, and sea salt. Beat the dry ingredients into the wet, about a cup at a time.
5. Transfer the batter to the pan and smooth the top. Bake for about 40 minutes, or until the top is dark golden brown. Cover loosely with foil and continue baking for 20-35 minutes, or until an inserted toothpick comes out clean. Let cool for at least 15 minutes in the pan, then turn out onto a cooling rack and cool completely.
6. To make the glaze, whisk together the powdered sweetener, lemon juice and vanilla extract. Drizzle over the cake.

Source: <https://www.wholesomeyum.com/recipes/keto-gluten-free-lemon-poppy-seed-bundt-cake-recipe/>

*This recipe is from one of my favorite sources for gluten-free and low carb recipes. All the recipes I have had from this site are delicious and easy to make. Enjoy!*

- Dr. Anne



## 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

## Connect with Us



[facebook.com/riordanclinic](https://facebook.com/riordanclinic)



[youtube.com/user/healthhunter1](https://youtube.com/user/healthhunter1)



[riordanclinic.org](http://riordanclinic.org)



## Health Hunters Newsletter

Join our mailing list to receive this monthly newsletter FREE.

To sign up, go to [riordanclinic.org](http://riordanclinic.org) or email us at [information@riordanclinic.org](mailto:information@riordanclinic.org)

# Get Ready for Summer with HCG



**AUTHOR**

*Karen Wheeler APRN*

*The full version of this article was originally printed in Health Hunters, May 2016.*

Time to start thinking about wearing shorts and swimming suits as the weather warms up! This can be really intimidating. While your motivation for getting fit may be to look good in a bathing suit, impress somebody at a class reunion, or feel confident at a big life event like a wedding; I would encourage you to do so for your health and well-being, as well.

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

Prevention is cited as the primary way to control this epidemic. Start by getting rid of junk food and fast food, eat lots of non-starchy vegetables, low glycemic fruits, lean protein, drink plenty of clean water, and exercise!

**If you want to jump start your weight loss, consider coming to Riordan Clinic and using HCG to help you shed those excess pounds.**

Our program was awarded “Best Non-surgical Weight Loss Program” by the Wichita Eagle Readers’ Choice in 2014. It will help you get on the right path to better health.

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

The FDA has approved HCG to treat some cases of infertility and select male hormone imbalances. The use of HCG for weight loss is considered off-label, but it has been

prescribed by hundreds of providers over the past decades since Dr. Simeons discovered its weight loss potential. HCG stands for Human Chorionic Gonadotropin. Both men and women can safely take HCG for weight loss. One of the most prevalent hormones in pregnancy is HCG. Dr. Simeons’ work showed that men and women given low doses of HCG are able to mobilize the “fixed” fat stored in the body.

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



## Upcoming Events

For more information or to register for any of these events, please visit [RiordanClinic.org/events](http://RiordanClinic.org/events) or call 316.682.3100

### Food as Medicine

Wednesday, June 6th

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](http://riordanclinic.org/food-as-medicine)

### 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!



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

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

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

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

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

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

Since Riordan Clinic has always emphasized the importance of nutrients, our HCG patients are provided with supplements to be sure that their body is getting enough while on a low calorie diet. When you are ready to reshape your body and reach your weight loss goals, come see us at Riordan Clinic because we can help you make that happen!

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



**FREE 1mL B12  
injection for all  
new HCG Patients**

DURING THE MONTH OF JUNE

**Call 1-800-447-7276  
for more information**

For more information or to register for any of these events, please visit [RiordanClinic.org/events](http://RiordanClinic.org/events) or call 316.682.3100

## Upcoming Events

### Lunchtime Lecture: Regenerative Injection Therapies for Arthritis and Pain

Wednesday, June 20th

Noon -1:00pm @ Wichita Campus

Dr. Ron Hunninghake and Dr. Dustin Moffitt

Cost: FREE

Over 54 million adults have arthritis pain. Many more people live with it without ever being diagnosed by a doctor. The options for treatment are not good...until now. Come hear Dr. Ron Hunninghake and Dr. Dustin Moffitt as they discuss regenerative injection therapies and the positive experiences Riordan Clinic co-learners have had with these therapies. These injections not only help with pain, but also stimulate a healing response in the joint.

### 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: PAUL R. TAYLOR, BS, BA

Director of Information Services, Riordan Clinic

## What Real Health Means to Me - after 23 years at the Riordan Clinic

Our founder Dr. Hugh D. Riordan defined health as, “having the reserves to do what you want and need with energy and enthusiasm.” In reflecting on that, I remember growing up on a small farm, usually getting up in the morning was easy. Maybe it was the free range rooster crowing or one of the free range peacocks or peahens calling from the roof peak as the train blew its whistle around 5 am, as it crossed the crossing a half mile from our house.

It certainly wasn't from my always getting 8 hours of sleep every night. However, despite that, I always had the energy and enthusiasm to get up and take care of my chores, have fun with friends at the local pool, play baseball, go to my favorite fishing hole, or bike to the park to meet friends.

I think the sustained energy I had was most likely from the good quality beef, pork, chicken, and the fresh produce we ate all spring and summer. Most of it was also canned for the cold winters on the same day it was picked fresh from the garden.

We didn't believe much in feeding the cattle grains, just hay baled from our own pasture in the winter and plenty of fresh green pasture all spring, summer, and fall. The chickens and peafowl got some mixed crushed grains all year round if they wanted it, but spent most of their time from early spring through early winter foraging around the farm. The chicken coup was rarely closed, allowing them year round access to the outdoors. It's surprising just how many insects they managed to find under leaves along the fences all year long. In fact, about the only time you found either the chickens or the peafowl roosting inside was a few days in late December through mid-February during the cold snaps when temperatures dipped below 0 ° F.

The garden was not quite organic. Some pesticides were used, but sparingly (chickens and peafowl are great natural pesticides and completely non-toxic). Certainly the chickens and the peafowl

took care of most bugs, cutworms, and other pests and Grandma believed in hoeing and pulling weeds rather than most herbicides. Occasionally they were used when something was just too stubborn to dig out or pull out. However, one of the neighbors loaned us a few free range hogs to root out some of the more stubborn things. The hogs got fed a healthy free range diet and the weeds got removed with essentially no effort from us (just don't let them loose in the garden if you want anything for yourself or let them root it up at the end of the season).



Funny how the bacon was more meat than fat and the beef was much the same. I remember my dad grumbling about having to pay to add lard to the hamburger to make it stick together when it was cooked. Some people think that the marbling was more important for making the steak tender, but it's more about the curing and aging process than the fat content; our beef certainly had some but not excessive fat. We used the same process for our beef as we would venison. In fact, our beef did not taste much different than venison or bison because they ate the same thing. In the 20 or so years we had cows and chickens, I only recall one cow ever needing an antibiotic. It had a severe cut on its hind quarter, and we used a topical powder rather than an oral delivery that would affect the gut flora.

To conclude, I was never in want of energy or enthusiasm to pursue the chores and have fun after the work was done or to spend a few hours reading my favorite novel at the end of a full day, and be ready to go early the next morning. So eat your fresh veggies and fruits especially from a local organic grower. Anything local and picked when it's naturally ripe will be better than produce sourced far from home. Similarly, locally sourced beef, chicken, fish, or pork from a farmers' market or grower will go a long way to enhancing real health. If you have the space and resources try a garden. Start small and grow the things you like.