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Inside this Issue

Taking a Break from Focusing on My Illness - Doing Less versus Doing More 1-3

Allergies & Asthma: The Naturopath's Point of View 4-5

New Clinical Service at the Riordan Clinic: Advanced Medical Weight Management 6-7

Upcoming Events 6-7

What Real Health Means to Me 8



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."

Taking a Break from Focusing on My Illness - Doing Less versus Doing More



AUTHOR

Jeff Evilsizor M.C., PA-C

Restoring health requires effort. No matter the particular condition, whether it be pain, fatigue, inflammation, gastrointestinal/immune dysregulation, hormone imbalance, or cancer – healing will require effort. Shifting lifestyle patterns, improving nutrient levels, cleaning one's environment of toxins, changing thought patterns, clarifying relationships, or altering sedentary patterns to enable the body to heal – all may require an all-out, laser-focused, well-implemented plan.

SOMETIMES "THE SOMETHING DIFFERENT" THAT IS NEEDED TO PROMOTE HEALING IS A SHIFT TO A MORE RELAXED STATE. COULD ACCEPTING WHAT CURRENTLY IS, THOUGH NOT IDEAL, WORK IN OUR FAVOR?

By the time most patients get to integrative medicine, they have already been on a long journey of seeking the right care. Many are tired from the journey. It has required effort just to maintain hope. There have been enough disappointments along the way that there is usually some degree of distrust that accompanies their exhaustion, when first arriving to the integrative or alternative care practitioner.



Patients choose to pursue yet another visit because their condition has persisted. The condition didn't go away on its own when doing nothing. The previous treatment approaches haven't yet resolved the condition. Logic develops something like this: Incomplete knowledge and/or incomplete action must be the reason the condition has persisted. A clear plan needs to be re-created jointly with those with specialized knowledge, and then the plan needs to be executed flawlessly. The belief is that more is needed. The more testing the better. The more data the better. The

Continued on page 2

more specialty consultations the better. The more appointments the better. The more supplements the better. The conclusion is that in order to heal, one obviously must do more. Or...maybe not.

What if stress was an underlying cause of the illness?

Add to that the compounded stress caused by the limitations of the illness itself. Then, there is additional stress from the hunt for the cure. In the ongoing pursuit for the right cure, there are additional demands on one's time, mental energy, finances, relationships, and physical energy. Sometimes the stress of seeking the cure is enough additional stress that healing is slowed or prevented altogether.

Have you ever had the experience of wanting something very badly? The more you try to make the wanted thing happen the more elusive it is. Finally, you stop trying to make it happen, and then the desired thing comes to you. Think of the stories of couples trying to get pregnant. Think of the single person desperately trying hard to be in a relationship. Think of trying to make an animal come to you. Sometimes trying too hard works against us. The universe seems to work by the law of request and not the law of demand. Demanding wellness is different from anticipating, trusting, and moving toward wellness.



longing for removal of current limitations. I am not saying to not make ongoing inquiry for something more or different. It is good to always be inquiring, watching, listening, aware and attentive to the next good steps. I am not saying that there is not to be any ongoing effort. Most good that comes to us involves some degree of effort that has opened us up to and created space within us for that next good thing.

I am recommending that the pursuit of wellness originate from a relaxed and confident place.

It is clear that each person has limitations. The Olympic athlete wants to run faster than he or she runs. The person in the wheelchair wants to get out and walk. We all have financial limitations. We all live within time limitations. We even have spatial limitations, we are unable to be in multiple locations at the same time. We have relational limitations. We have knowledge limitations.

Wellness involves completely embracing what is (our present state, though limited), while simultaneously exploring what may be. It is good to be moving toward more, but from a content and confident state. Notice that limitations present in past generations are not currently encountered in the same way today.

WHAT IF THE NEXT STEPS TO HEALING INVOLVE NOT FOCUSING MORE ON THE ILLNESS ITSELF, BUT RE-ENGAGING IN LIVING NOW?

Sometimes "the something different" that is needed to promote healing is a shift to a more relaxed state. Could accepting what currently is, though not ideal, work in our favor? Some will feel a great resistance arising within them when thinking of letting go of the focused fight for help. "If I don't make it happen, it won't happen." "Nobody will care about me more than I do." "I won't accept this." "I have to keep looking."

What if the next steps to healing involve not focusing more on the illness itself, but re-engaging in living now? Often the intuition of the right next step comes to us indirectly, only when we are relaxed and focused on something other than the illness itself.

Let me clarify what I am not saying. I am not encouraging resignation. Instead, I am speaking of acceptance of what is now, while remaining peacefully confident that what is now will not always be. I am not recommending letting go of the desire for something more or different.

In fact that would be negating what is truthfully now. It would be disingenuous to not be in touch with good desires, the

So how do I know when I need to do more and when I need a therapeutic holiday? When would a day off or time out actually help me heal? When do I need to get off the hamster wheel of my recovery and relax?

If you have stopped **living, loving, enjoying...**

If you have stopped **creating...**

If you have stopped **contributing...**

If you have stopped **connecting...**

And have instead become defined by your illness, **STOP.** You have lost your way and likely may impede your recovery by trying to do more.

That is a bold statement that may offend. It is not intended to offend, but to re-orient. It matters that we are engaged in living and not allowing illness to limit life. Illness should not limit loving, enjoying, creating, contributing, or connecting.

When frantically driven to get better at all cost, you are likely sympathetic dominant (that is the fight or flight part of the autonomic nervous system). Interestingly, the parasympathetic nervous system plays a big role in repair, healing, and absorption of nutrients. Think

of the parasympathetic nervous system engaged and active when we are calm, when we rest, when we are relaxed, and at peace. Think of that same parasympathetic nervous system helping with absorption, growth, and repair. Think of children and how they delight in the universe, how they play, and how often they laugh. Think of the same child whose body is energetic, building, growing, and which repairs quickly. Is there something about entering into play, joy, delight, wonder, and creativity that spurs healing and repair? There is. Working from a place of rest is different from working from a place of stress. Applying effort and action to overcome an illness from a relaxed place is different than action from a stressed place.



If you must do one more thing in order to get well, I would encourage you to go to nature and watch ducks swim on a pond or watch trees blow in the wind. Go to a childhood place of good memories and enjoy the smells and relive the laughter and joyful moments. Tell your grandchildren you would like to play a game with them. Play within the limits of your disease. Keep the Sabbath. Consider activities of rest that may include solitude, meditation, playing music, yoga, tai chi, worship, and deep breathing.

Hopefully the encounter with your Riordan medical team will help you see yourself and your situation more clearly, whereby you will know what next steps are best.

Often healing does require doing more or doing different. Likely additional effort is appropriate when you are continuing to live life and are not solely defined by your illness. Do more when you have additional capacity and remain balanced pursuing additional help. Continue when you can imagine physical, emotional, mental, and financial resources with which to continue to explore. Continue effort when you have a treatment plan that makes sense to your situation, you are acting on that plan, the plan can be added to, you are in agreement with the next steps and you can do the appropriate next steps. Then, boldly step with confidence towards the more. Sometimes it is okay to do less because symptoms are improving. You are already at a better place than before. Healing has already partially taken place. You need to celebrate that healing and let it continue its work. New lifestyle patterns have been established, are becoming natural habits, are already changing you, and are sufficient.

Sometimes it is okay to do less, even when symptoms are actually worse. Assess whether those symptoms are being fueled by your fears, your compulsivity, or current stressors. It would be better to accept the present limits, focusing energies on living and loving within those limits. Focus on knowing that within those limits you can make adjustments and still experience fullness of living. Once regaining a measure of contentment or vitality (in spite of the limits of the illness), having re-experienced love, having re-engaged the parasympathetic nervous system, you can again direct energies on the lessening of present limitations.

Though hard to “let go”, let me reiterate that sometimes it is okay to take a break from “treatment.” If time constraints and resource constraints are increasing, if complexity is overwhelming, if stress is debilitating, if progress is not happening in spite of herculean efforts, then step back. Instead, continue the fundamentals of good food, good hydration, regular bowel movements, healthy relationships, movement, and as much sleep and rest as you need. Re-embrace living. Let your experience of delight and love increase. Re-discover joy and laughter in your relationships amidst your physical limitations. Focus your energies again on living. You may start getting better.

LUNCHTIME LECTURE

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

July 18
Noon -1:00pm

Summer Crafts for Kids
(Using Non-Toxic Ingredients!)

Friday, July 20th | Noon -1:30pm

\$12
per child



AUTHOR

Jennifer Mead, ND

Allergies & Asthma: The Naturopath's Point of View

This article was originally published in Health Hunters, March 2013

"Allergies" are the immune system overreacting to benign substances. Individuals who suffer from allergies do so as a result of a genetic susceptibility combined with nutritional and environmental influences. While heredity has been emphasized in the past, it is clear that genetics alone cannot account for the worldwide increase in asthma and allergy prevalence. The International Study of Asthma and Allergies in Childhood and the European Community Respiratory Health Surveys have shown some striking patterns. Asthma is more common in Western countries than developing countries, more prevalent in English-speaking countries, and has increased in incidence in developing countries as they become more "Westernized." This definitely is telling us that the environment and lifestyle in Westernized countries play a role in the proliferation of allergies in the population.

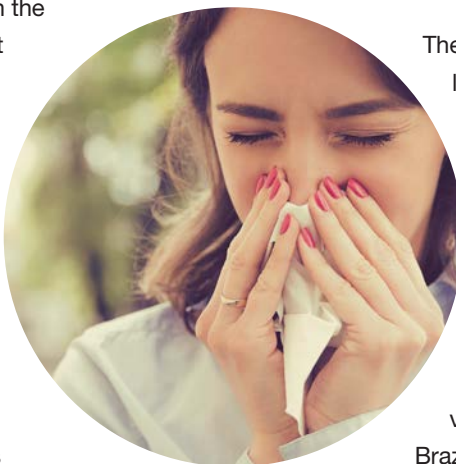
Our bodies are exposed to a virtual barrage of chemicals in the forms of air pollution, pesticides, toxic household cleaners, and industrial contaminants. It is not surprising that at times our immune system is overwhelmed and confused by this toxic load. Epidemiological studies have shown that all types of allergenic diseases are more common in polluted areas than in unpolluted ones.

While many of these exposures are beyond our control, a number of them are not. By working to decrease pollution inside and outside of the home, as well as pollution within our foods, we will be treating one of the major root causes of disease and practicing truly preventative health care.

From a naturopathic viewpoint, removing and/or decreasing exposure to the cause is the first step to treating allergies and asthma. The next step is identifying any and all food sensitivities. Most people have some food sensitivities, and when we decrease the immune reactivity in one area of the body, it can decrease in other areas as well. In other words, any decrease in the overall allergenic load will decrease full body symptom expression. Since we can control what we put in our mouths, this is the place to start, after removing evident toxic chemicals from our foods. The next step

is to address general nutritional considerations that will relieve allergic symptoms. Our goal through nutrition is to decrease

histamine, decrease inflammation, and increase anti-allergic substances in our diet. Foods high in histamine which should be avoided are cheese, some wines, and certain kinds of fish such as tuna and mackerel. Foods rich in tryptophan should also be reduced because tryptophan encourages histamine production.



These include cottage cheese, liver, peanuts, turkey, lamb, tuna, beef, salmon and cashews. Animal fats (especially grain fed beef, pork and lamb) generally increase inflammatory prostaglandins and should therefore be kept to a minimum. Wild (as long as they are not eating crops) and grass fed animals would be the best choice. Foods that should be included in your diet are anti-oxidant-rich foods and essential fatty acids. Anti-oxidants are high in green, red and yellow vegetables, sunflower seeds, wheat germ oil, and Brazil nuts. Essential fatty acids are present in flaxseed oil, borage oil, evening primrose oil, grass fed animals, and cold water fish. Onion and garlic are particularly antiallergenic because they inhibit inflammatory enzymes.

After addressing the nutritional considerations, we want to look at the three main organs that play a role in allergies: the bowels, the liver and the adrenal glands. We want to make sure the allergic patient has a high population of the good gut bacteria, and is having regular bowel movements at least 1–2 times per day. A history of constipation is a red flag for cause of allergies because of the inefficient removal of toxic waste.

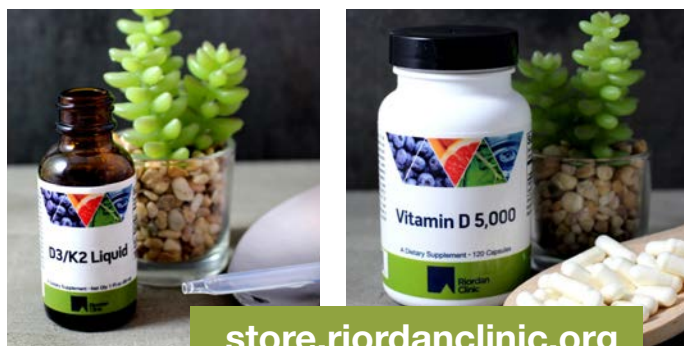
The liver is responsible for detoxification. It removes hormones, drugs and chemicals, filters all blood coming from the digestive tract, and makes toxins water soluble for excretion. The liver is commonly overwhelmed by environmental pollution and can be supported through herbs and supplements to make it more efficient. Common supplements include milk thistle, an herb that promotes liver cell regeneration, and N-Acetyl Cysteine (NAC), an amino acid and precursor to glutathione, that supports the central antioxidant and detoxification pathway of the liver. Oral NAC is also a great "mucolytic" or mucous-thinning agent for upper respiratory mucous as well as excessive GI mucous.

The adrenal glands release the stress hormone cortisol, and therefore are worn out often by our high stress lives. Cortisol also plays an

important role in regulating the immune system. In fact, a conventional pharmaceutical approach to allergies and asthma is prednisone, an artificial high dose form of cortisol. So it makes complete sense to say that stress and weakened adrenals can make us susceptible to “allergies” and allergic symptoms.

The last step in a naturopathic approach is symptom management and suppression. Suppression of symptoms in some cases is not a bad approach, because it can provide relief, while we are working on the underlying causes at the same time. Relief will mean better sleep and less stress, which in turn will help in the process of treating the causes. Supplements that decrease histamine release by stabilizing the mast cells are vitamin C, vitamin E and bioflavonoids, especially quercetin, which has an affinity for the lungs and upper respiratory tract. These are the nutrients that are the best of both worlds—they fight the symptoms AND the underlying cause.

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Do You Know Your Vitamin D?

Vitamin D is a fat-soluble vitamin that actually works as a hormone. Too much can be detrimental to your health; however, most people are much more at risk for not getting enough.

According to the National Health and Nutrition Examination Survey (NHANES), 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.

If you are not able to have sufficient time in the sun, supplementation might be necessary. 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 supplement dose of between 5000 IU – 10,000 IU to reach and maintain this level.

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

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

\$49

The Bio-Center Laboratory has vitamin D blood tests on special for the month of July. **For \$49, you can have your levels measured.** You do not need to be a patient to take advantage of this special! Walk-ins are welcome.

For more information, please call 316-682-3100.

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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PROMO

New Clinical Service at the Riordan Clinic: Advanced Medical Weight Management

A comprehensive weight loss program developed and supervised by a trained health care provider, individualized to the needs of each co-learner.



AUTHOR

Michael Shaw PA-C

The core components of Medical Weight Management are:

COMPLETE HISTORY including family and genetic predisposition for obesity, personal health history including review of prescribed medications that may be culprits in weight gain or inability to lose weight, lifestyle and health risk behavior and pertinent physical examination.

LAB EVALUATION of blood chemistry and hormones associated with weight gain.

BODY COMPOSITION ANALYSIS to determine fat free weight (muscle), fat weight and distribution and water weight (hydration) inside and outside the cells. In specific instances a Calorimetry study may be done to accurately determine the co-learner's true energy expenditure in a resting state (BMR).

DECISION AND IMPLEMENTATION of the specific dietary protocol best suited for the patient in their weight loss efforts. The diet protocols I have found to be most successful are:

- **Medical Weight loss:** 800 to 1000 calories a day usually coupled with a prescription appetite suppressant. Focus on protein, complex unrefined carbohydrates and essential healthy fats.
- **Ketogenic diet:** under 1000 calories a day comprised of a low percentage of protein and a high percentage of essential healthy fats.
- **Paleolithic or Caveman diet:** similar to the ketogenic diet but does allow some complex unrefined carbohydrates.
- **Dr. Albert T. W. Simeons's HCG Protocol:** a very low-calorie diet of 500 calories a day coupled with daily subcutaneous injections of Human Chorionic Gonadotropin hormone (HCG).
- **Mimicking and intermittent fasting:** Dr. Valter Longo's Mimicking Fasting diet, which is primarily plant-based, is five days at the beginning of each month for at least 3 months. The rest of the month you return to a more normal daily intake.
- **Vegan/Vegetarian Diet:** Although not for everyone, the health benefits and merits of moving to a plant-based diet are well established.

THE SPECIFIC DIET THAT IS CHOSEN IS SENT TO THE CO-LEARNER'S CELL PHONE OR HOME COMPUTER. Each day there is a new meal plan, shopping lists, recipes (including preparation time and pictures of the prepared meal), and the calorie breakdown for each meal.

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, July 11th

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: 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.

DAILY PHYSICAL ACTIVITY is an extremely important component for the success of the weight loss program. The program includes an outline of daily physical activity as agreed upon between the provider and co-learner.

CUSTOMIZED DIETARY SUPPLEMENT PROGRAM based on the identification of essential nutrient deficiencies from the lab evaluation. In some cases, nutrient injections or intravenous drips are recommended.

Patients spend one hour with the provider on their initial visit. 30-minute monthly follow-ups are used to evaluate successes or challenges that might require changes to their program. After the desired weight loss is met then each patient is transitioned to the appropriate maintenance program to keep from regaining the weight they have lost.



If you are interested in starting a medically focused, comprehensive weight loss program at Riordan Clinic, call 316-682-3100 for more information or to schedule an appointment. Achieving a more ideal body weight, improving health and restoring youthful functionality is what REAL HEALTH is all about.

Michael Shaw PA-C Mike is a graduate of Wichita State University and has a Bachelor of Health Science as a Physician's Assistant. In January of 1994 Mike joined the Cardiology staff at Galichia Medical Group and continues to work there part-time. After these achievements, wishing to directly work with a general clientele on wellness and anti-aging medicine, he founded Age Reversal Technologies. He is Board Certified by The American Board of Anti-Aging Health Practitioners. He is currently accepting new patients at the Riordan Clinic, Wichita location.

WE'RE BEAMING WITH PRIDE! Congratulations



Anne Zauderer, DC
2018 Healthcare Hero: Education
Wichita Business Journal

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

Summer Crafts for Kids (Using Non-Toxic Ingredients!)

Friday, July 20th

Noon -1:30pm @ Wichita Campus

Katie Madill

Cost: \$12 per child (paid at the time of registration)

Beat the summer heat with your kids and learn how to make some of your favorite crafts using non-toxic ingredients and essential oils. We will make peppermint bubble bath, lavender bath bombs, and orange-scented slime. The class will finish with healthy snow cones! Class size is limited to 20 participants, so register today!

Lunchtime Lecture: Neck pain, TMJ dysfunction, Crooked Teeth, Breastfeeding Issues and Sleep Apnea: Could it be a Tongue Tie and Lip Tie?

Wednesday, August 15th

Noon -1:00pm @ Wichita Campus

Dr. Stephen Fetzik and Katrina Patrick

Cost: FREE

There is an increasing incidence of TMJ dysfunction, neck pain, sleep apnea, and the need for orthodontic work. Mothers are having difficulty with their babies' breastfeeding, sensory issues, colic, reflux, and developmental disorders. What if all of these things could be connected back to a tongue tie and/or lip tie?

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**Discount available for current Riordan Clinic patients seen within the last six months. Excludes Testosterone. Promotion valid through July 31, 2018 on Tuesdays during regular business hours. Can not be combined with any other discounts or promotions.*

Upcoming Events



WRITTEN BY: CONNIE PORAZKA

What Real Health Means to Me

I had the fortunate opportunity to work for Dr. Hugh Riordan 20 years ago.

It was during this time I learned the essence of his definition of real health. "Health is having the reserve to do what you want to do and need to do with energy and enthusiasm." Dr. Riordan

His approach to health has been my creed ever since.

Real health for me is built on three pillars: body, mind, and spirit. Keeping these three essential pillars in balance is my focus.

As a certified Mindfulness-based Stress Reduction (MBSR) teacher, I have learned the importance meditation and getting enough rest play in my overall wellbeing. It is also how I manage my own mental health condition.

Dr. Riordan also taught me the importance nutrition plays in maintaining good health. I am attentive to eating well. I've learned that if I neglect my diet, all of me suffers.

In my view, The Riordan Clinic is a pioneer in the areas of well-being and good health. There is so much we can learn through their 40 plus years of dedication to keeping us all healthy.

Open House at the new Overland Park Riordan Clinic
6300 W. 143rd Street Suite 205

