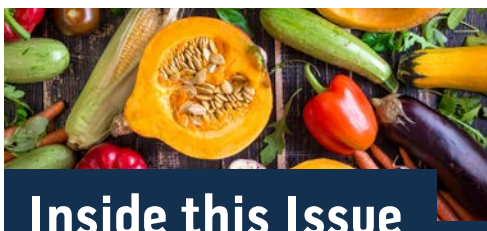




# Health Hunters

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## The Importance of Detox: How to be Fully Awake and Heal



**AUTHOR**

*Ourania Stephanopoulos  
-Chichura, MD*

Many of you know that I have a heart for constantly searching for the truth and root causes of problems. Toxins are often the root causes of the medical problems I see brought by patients to our clinic. Toxins can be present on multiple levels including physical, electromagnetic/energetic, and emotional (which is something I think is often forgotten or passed over).



On a physical level, we encounter toxins from the day we are conceived. The Environmental Working Group study in 2005 analyzed umbilical cord blood samples from newborn babies and found, on average, 200 industrial compounds, pollutants and other chemicals present in our children. Chemicals found included fire retardants, DDT, PCBs, fossil fuels, and mercury, to name a few. "Of the total 287 chemicals found in the newborn umbilical cord blood, 180 cause cancers in humans or animals, 217 are toxic to the brain and nervous system, and 208 cause developmental problems....The dangers of exposure to these chemicals in combination have never been studied."<sup>2</sup> Where are these toxins coming from? Some of the hidden sources you may be encountering daily include mattresses, perfumes, cleaning products, air fresheners, non-stick cookware, plastic food containers, plastic water bottles, cosmetics, antiperspirants, fabric softeners, shower curtains, bug spray, canned foods, dry cleaned clothing, desktop computers and laptops, and BPA-lined paper receipts.

The list of environmental toxins coming into our bodies goes on and on. However, did you know that toxins can also be generated inside of us? When we are unable to digest our food completely, especially animal proteins, the undigested food sits in our small intestine and literally rots, yes rots! The bacteria and yeast can overgrow and produce endotoxins such as putrescine, cadaverine, and indicant, which overwhelm our gut and liver and can begin to enter our bloodstream, leading to skin rashes, brain fog, fatigue, belly pain, gas, bloating, obesity, inflammation and many other symptoms. Moreover, the small intestine is approximately 40 feet long and is not currently evaluated on colonoscopy or routine medical

*Continued on page 2*



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."

screenings. This toxicity is ongoing and completely under the radar for most Americans. The naturopathic community has taught this for decades and the research is starting to acknowledge this information under the name of “metabolic endotoxemia” with regard to altered gut bacteria and obesity.<sup>3</sup>

Beyond the physical level, toxins can be encountered on an electromagnetic level through cell phones, wireless internet, satellite towers, power lines, microwaves, “smart meters” on our homes, and metal plumbing. Electric fields are produced whether or not a device is turned on, and magnetic fields are produced when a device is turned on. Another form of electromagnetic field (EMF) toxicity more common to most is radiation, including X-rays, CT scans, microwaves, radiation used in cancer treatment, and radon gas. Ionizing radiation is known to damage DNA and can be a cause of cancer.<sup>4</sup> High levels of radon exposure have been shown to cause lung cancer. High levels of certain types of radiation have been shown to cause cases of thyroid cancer, leukemia, skin cancer, and angiosarcoma.

Even beyond the electromagnetic level, toxins can be encountered in our emotions, our words, and how we treat ourselves and others around us. Let me name some of them: fear, guilt, anger, bitterness, self-hatred, lack of self-worth, and feeling powerless. Words have meaning and our bodies hear every word we say.<sup>5</sup> Don't believe me? Think it is fluff? Look at the work of Dr. Masaru Emoto. He was a Japanese author who would photograph snowflakes made from water after negative words were spoken over it and also after positive words were spoken over the water. Look at the difference.<sup>6,7</sup>



Water crystals under the effect of various words © Masaru Emoto

Look at the beautiful order of the peaceful words or music and the imperfections of the harmful words or music. Emoto said that water has a memory and that our consciousness, our words, can influence the water. When you stop and reflect that the human body is made up of at least 60% water and as high as 75%-78% in infants and children, how we treat ourselves and others clearly has a huge impact on our individual health, and the health of all of us collectively as a single body. We are much more connected than we realize.

So how do we heal? How do we wake up? The beginning of healing includes detoxification on all levels and replacing the bad with

good – positive thoughts, positive energy, surrounding ourselves with community, eating whole foods full of light and grown with care and love, learning what our emotions are telling us and healing old traumas, and finding our joy and purpose. Fill in any deficiency of love.

Below I have made a table of some methods that can be used for detox. Please discuss with your doctor to determine what may be appropriate for you because we are all unique.

### PHYSICAL DETOX

bowel support/cleansing	lymphatic drainage massage
skin brushing	rebounding
green smoothies	nutrient support
organic whole foods	purified water
fermented foods/probiotics	sauna
amino acids	liver support
epsom salt baths	fasting/fasting mimicking diet

### LABS TO HELP DETOX

amino acids	glutathione level
CRP for inflammation	mineral levels
vitamin levels	liver and kidney function

### TESTS

indicant level	heavy metal levels
environmental pollutant	

### LEVELS

pesticide levels
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### ELECTROMAGNETIC DETOX

structured water	homeopathic formulations
turning off wireless internet while sleeping	grounding
electromagnetic therapy (ex: PEMF, BEMER)	minerals

### ENERGETIC/EMOTIONAL DETOX

learning to communicate effectively	healing any wounds from childhood or relationships
verbalizing when something hurts us	speaking goodness over ourselves and others
affirmations	giving attention to the positive instead of the negative

Continued on page 7

# Fighting Cancer with Ancient Medicine: Mistletoe Therapy



**AUTHOR**

*Lucas Tims, ND, FABNO*

Mistletoe (*Viscum album*) is a poisonous, semi-parasitic plant that grows on various host trees native to Europe and Western Asia. Its medicinal use dates back centuries to the ancient civilizations of the Druids and Greeks. Today, preparations of its extracts are some of the most common complementary therapies used in oncology worldwide. With over 200 clinical studies to date, there's no denying its safety and utility in cancer care.

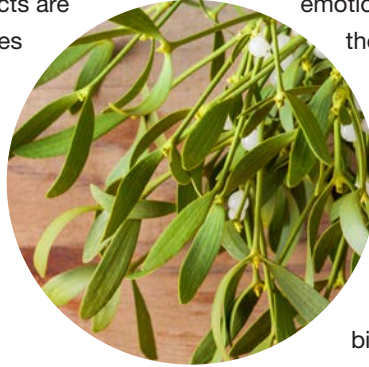
The mistletoe plant blooms in winter and has a unique spherical growth pattern that, interestingly, mimics a tumor. Interestingly enough, it also grows independent of sun and gravity. It contains numerous active constituents, but its effects on the immune system and the tumor-inhibiting properties are primarily due to a group of compounds called lectins. Different mistletoe products contain varying amounts of these lectins and are thus indicated for different conditions or tumor types.

The most common delivery method of mistletoe is via subcutaneous injection at a frequency of two to three times per week. Once in the system, its effects take hold on several different levels. First and foremost, it stimulates an immune response which can be observed by a localized skin reaction around the injection site, as well as a rise in body temperature. As it recruits and activates immune cells, it also can induce apoptosis (programmed cell death) in cancerous cells and block angiogenesis (new blood supply). In addition, mistletoe extracts have been shown to stabilize and protect the DNA of healthy cells against damage caused by other cytotoxic therapies. These attributes make mistletoe a beneficial therapy for cancer patients at all stages of disease.

Many of the clinical studies examining mistletoe use in cancer patients have shown improved outcomes, both in conjunction with conventional treatments and as a stand-alone adjuvant therapy. Another compelling benefit, which has been observed in a multitude

of clinical trials, is improved quality of life measures. Among those are fewer or less severe side effects from chemotherapy such as fatigue, depression, nausea and vomiting, as well as improved emotional well-being and concentration. In addition, mistletoe therapy itself has very few side effects—the most common ones being mild soreness and inflammation at injection sites, headache, fever and chills.

Despite mistletoe's long track record of clinical use in Europe and several Asian countries, it has yet to be fully adopted by Western medicine. According to the FDA, it remains in a nebulous category of unproven biologic therapies. However, in 2016 it was approved for a large phase I study at the Johns Hopkins Sidney Kimmel Comprehensive Cancer Center, where a large cohort of cancer patients is to be enrolled and given mistletoe alongside conventional treatments. Hopefully, published results of this study will bring awareness and acceptance of the benefits of this therapy and its broad application across the field of oncology.



Dr. Lucas Tims, as a board-certified, Naturopathic Oncologist, is an expert in how to utilize natural therapies to support patients during any phase of treatment or care setting. Dr. Lucas joins the Riordan Clinic after serving in a leadership role as Medical Director of Integrative Oncology at Cancer Treatment Centers of America's (CTCA) Western Regional Medical Center. In addition to patient care, Dr. Lucas enjoys doing research, teaching and writing for medical journals. He is a member of the Oncology Association of Naturopathic Physicians and the Society for Integrative Oncology.

**He is currently accepting new patients at the Riordan Clinic in the Overland Park location. For more information about becoming a co-learner at the Riordan Clinic, please call 316.682.3100.**

Join Dr. Lucas for one of these FREE lectures at the Overland Park Chamber of Commerce

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

## IV Vitamin C as an Adjunctive Cancer Therapy

Thursday, October 18th  
5:00 pm – 6:00 pm

Learn how we incorporate this therapy to improve traditional cancer treatment.

## Mistletoe – A Beneficial Supplement in Integrative Cancer Therapy

Thursday, November 15th  
5:00 pm – 6:00 pm

Mistletoe (*Viscum album*) is a semiparasitic plant that contains very powerful immune boosting compounds



# Cocoa Peppermint Smoothie

## INGREDIENTS

- 12 oz non-dairy milk
- 1 T coconut oil or MCT oil
- ¼ tsp vanilla
- 1 tsp raw honey
- 2 drops peppermint essential oil\* OR (½ tsp peppermint extract)
- 1 T cocoa powder (or to taste)\*
- 1 scoop collagen protein
- 1 scoop Vitamin C powder such as Vitality C or Bio En'R-G'y C

Water and/or ice can be added to achieve desired consistency.

Combine all ingredients and blend until smooth.

**NOTE:** This smoothie can be made without a blender. Mix the powders together. Fill a 12 oz glass half full with milk. Use a frother to mix the powder into the milk. Add the remaining ingredients and the fill the glass with milk. Enjoy!

*\*You can reduce the amount of cocoa powder and peppermint according to your taste preference.*

# Chocolate: What's in a Word?



**AUTHOR**

*Susan Parsley, BME, CHC, AADP*

Chocolate – cocoa – cacao.

Chocolate is a superfood that has strengthened the body and soul for many different cultures throughout the world. The words “cacao” and “cocoa” are often used synonymously. Cacao is a tree, which produces football-sized pods called “cacao pods.” Within these pods is a creamy white substance, the seed of the theobroma or cacao tree.

Cocoa beans are the source of cocoa powder. Chocolate bars, cacao nibs (ground up cocoa beans), candy, desserts, teas and everything else “chocolate” begins with these delectable, yet bitter, seeds.



Chocolate originated in Mesoamerica. During the time of the Olmec, Mayan and Aztec empires, cocoa beans were valued so highly that they were used as currency. One bean would buy a pumpkin and ten beans a rabbit. Cocoa was also a frothed drink made from crushed beans and flavored with spices. It was regarded as a luxury and an elite medicinal drink.

Since cacao trees are equatorial, Europeans were unfamiliar with cacao and its health benefits until Columbus, and later the conquistador Cortez explored the new world. After the Aztec were conquered by Cortez, and the population was diminished by smallpox, missionary nuns came to the new world and began the transformation of chocolate into a sweet delicacy when they added sugar to reduce the bitterness of the chocolate drink.

Upon arrival in Spain, this sugared chocolate drink swept across Europe. In England, the first chocolate house opened in 1657.

This men’s social club served chocolate as a refreshing drink with health benefits.

Chocolate remained a beverage until the Englishman Joseph Frey and sons created the first chocolate bar in 1847. As the chocolate craze continued, more sugar, milk, vanilla and other ingredients were added to minimize the bitterness of chocolate. These additives and the practice of over-roasting beans removed many health benefits of cacao. Thus, in the 1800’s, chocolate became synonymous with candy rather than the superfood it is.

Modern day cacao is grown in Peru, Dominican Republic, Mexico, Ecuador, Vietnam, Brazil, Ghana, Madagascar, Haiti, India, Guatemala, and other countries.

**CHOCOLATE BARS SHOULD BE SAVORED LIKE FINE WINES. PLACE A SMALL PIECE IN YOUR MOUTH. CHEW A FEW TIMES THEN LET IT MELT ON YOUR TONGUE TO EXPERIENCE THE FLAVOR TONES. IT CAN BE MAGNIFICENT!**

Manufacturing cocoa beans into chocolate candy involves harvesting, fermenting, drying, roasting, cracking and winnowing (removing the thin shell), followed by grinding, conching (creates a smooth texture) and tempering (prevents “bloom,” the light coating occurring when chocolate gets too warm). The roasting time is determined by the quality of the bean being processed. Roasting brings out the flavor of the cocoa bean and removes the natural bitterness at the expense of many of the over 4500 antioxidants and polyphenols cocoa beans contain. Raw cacao is minimally processed, thus retaining most of its nutrients.

Before purchasing that yummy chocolate delicacy, you need more information to help make your selection. There are three classifications of cacao: forestero, criollo and trinitario.

**FORESTERO** is most commonly grown and produced. It is disease-resistant and represents 85% of the world’s chocolate production. Because of its low quality and extreme bitterness, chocolatiers tend to over-roast the beans and add excessive amounts of vanilla and sugar to make it palatable. (There are a few exceptions, such as the arriba nacional forestero bean grown in Ecuador, which represents about 5% of the cocoa bean market).

**CRIOLLO** (Cree-yo-yo) is the heirloom cacao. Representing 1-5% of the world’s chocolate production, chocolate makers add only a small amount of sugar and possibly vanilla to produce these bars. Unfortunately, the quality is reflected in the price you will pay. These bars generally have a minimum of 70% cacao and contain 5 ingredients or less. Many have 2 ingredients, cacao and sugar, meaning the bar contains 70% cacao and 30% sugar. The flavor of these exquisite bars comes from the soil where the cacao tree is grown. Bars from Madagascar tend to be fruity and floral, while bars from Djarta, Indonesia (which contain the same 2 ingredients), have leathery or smoky flavor tones.



**TRINITARIO** is a hybrid of criollo and forestero. In Trinidad, the criollo crop was threatened with extinction due to disease. A local farmer grafted a forestero branch onto the diseased criollo tree. The resulting tree was named trinitario. This cacao retains much of the criollo smoothness; but, is harder than the criollo tree.

General guidelines for a bar to be considered chocolate require 5 ingredients or less with a 70% cacao minimum. The remaining ingredients can be cocoa butter, sugar, vanilla and/or soy lecithin. The preferred chocolate bar only has two ingredients, cacao and sugar.

Chocolate’s health benefits are significant. The U.S. Department of Agriculture and the Journal of American Chemical Society say dark chocolate contains 13,120 units on the ORAC (Oxygen Radical Absorbance Capacity) scale per 100 grams. Chocolate contains many different nutrients including magnesium, iron, copper, phosphorous, potassium, fiber, zinc, manganese, selenium, and fatty acids. But BEWARE! What many consider chocolate is actually chocolate candy. To receive the nutritional benefits of chocolate, you need chocolate, not chocolate candy. The best nutritional source is raw cocoa. The best tasting raw cocoa is criollo. Most prefer roasted cocoa beans over raw beans. For the health-conscious on a budget, there are many chocolate candy bars on the market processed with better nutritional additives than sugar and artificial ingredients. Remember: no matter which bar you choose, the less-expensive bars are made from the bitter forestero and contain more additives than trinitario and criollo.

## Contact the Editor

Please send any comments or suggestions to  
[newseditor@riordanclinic.org](mailto:newseditor@riordanclinic.org).

Thank you for reading,



**Dr. Anne Zauderer**  
Editor

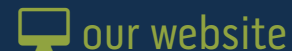
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# Chocolate Trivia

**Chocolatier**- a person who makes chocolate candy

**Chocolate maker**- a person who makes chocolate

Chocolate is good for the heart both mentally and physically.

Chocolate causes the brain to release serotonin, dopamine, and endorphins.

“Hot cocoa” is a thin, sweetened chocolate beverage made from cocoa powder, sugar and milk. “Hot chocolate” is made from chocolate pieces, shaved or ground for quick melting and is thick, less sweet and tends to be more rich tasting.

Chocolate comes from cocoa seeds which come from cacao pods which grow on Theobroma trees meaning “food of the gods”.

The shell of the cocoa bean has a higher concentration of antioxidants than the softer center.

Cacao nibs are crushed cocoa beans and are delicious sprinkled on fresh berries.

Raw cacao contains over 4500 antioxidants.

A “single origin” bar is a chocolate bar made from beans from one source. The name of the bar, for example, “Chuao”, “Madagascar”, or “Djkarta” indicate the source of the beans in that bar. If the bar isn’t “single origin,” then it’s from multiple sources and you will not know the bean source or classification. Grocery/department stores



do not usually carry premium chocolate. Lower quality bars are less than \$5.00, usually \$1.00-\$3.00.

Chocolate bars should be savored like fine wines. Place a small piece in your mouth. Chew a few times then let it melt on your tongue to experience the flavor tones. It can be magnificent! A small piece usually satisfies a craving, so chocolate bars, while more expensive, are economical.

Chocolate is a superfood that can strengthen your body and soul. Before enjoying this delectable and delightful delicacy, always read the label.

*Susan Parsley is a certified integrative health coach and piano teacher whose passion is sharing her knowledge with others to help create their best health. She received her health coaching certification from the Institute for Integrative Nutrition in NYC, NY in 2014 and her Bachelor of Music Education/Area degree from Butler University in Indianapolis, Indiana in 1980.*

*In 2015, she attended chocolate classes in Salt Lake City, Utah in order to teach chocolate lovers how to enjoy chocolate in a healthy and tasty way. She is owner of Sprouting New Life Health Coaching Services and Harmonic Hands Piano Studio. She can be contacted at 785-320-5041 or personal message her at [www.facebook.com/sproutingnewlife](http://www.facebook.com/sproutingnewlife). You can email her at [coachsusanparsley@gmail.com](mailto:coachsusanparsley@gmail.com).*

## 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

### IV Vitamin C as an Adjunctive Cancer Therapy

Thursday, October 18th

5:00pm - 6:00pm @ Overland Park Chamber of Commerce

Dr. Lucas Tims

Cost: FREE

There is a great deal of medical research to support the use of IV Vitamin C therapy for chronic diseases, notably for patients with cancer. The Riordan Clinic has been responsible for much of the research and established protocols involving the safe administration of high dose IV vitamin C. In this presentation, Dr. Lucas will discuss how we incorporate this therapy to help with improved responses to standard treatment as well as quality of life.

### Food as Medicine

Wednesday November 7th

11:30am - 1:30pm @ Wichita Campus

Anne Zauderer, DC

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)

# The Art of Fine Chocolate

November 9th and 14th

\$39\*

Noon - 1pm @ Wichita Campus

Presented by Susan Parsley

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

\*cost includes both classes and a large sampling of fine chocolates

Continued from page 2

Dr. Nia's family originated. Dr. Nia has always had a desire to find root causes to medical problems by asking "why?" She attended medical school at KU Medical Center, where she also completed a Fellowship in Integrative Medicine. She is Board Certified in both Internal Medicine and Integrative Medicine. Dr. Nia enjoys time with her patients and feels that her mission is to serve her family and patients through Integrative Medicine. Her vision is to create a space through the Riordan Clinic where all are welcome and can come for healing of mind, body and soul.

She is currently accepting new patients at the Riordan Clinic, Kansas City location. For more information about becoming a co-learner, please call 316.682.3100.

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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

### Lecture Series: The Art of Fine Chocolate Part 1

Friday November 9th

Noon -1:00pm @ Wichita Campus

Susan Parsley

Cost: \$39 (for both classes)

Join us for a delectable experience of tasting fine chocolate. In the first of the 2-class series, you will sample 8 different chocolate bars. By the end of the hour, you will be able to smell a piece of chocolate and know whether it is chocolate candy or real chocolate. You'll also be treated to a brief walk through the history of cacao and learn about some of the medicinal values of this delicious treat.

### Lecture Series: The Art of Fine Chocolate Part 2

Friday November 16th

Noon -1:00pm @ Wichita Campus

Part 2 of The Art of Fine Chocolate will include samplings of a variety of cocoa powders and drinking chocolates. Attendees will be treated to a review of the wonderful history of cacao and how it has become a global obsession. Come to warm your soul with the beverage the elite Mesoamericans enjoyed, but with a modern twist!



# #ichooserealhealth

RIORDANCLINIC.ORG/REAL-HEALTH

WRITTEN BY: ANNETTE CHLUMSKY, RN

When I was a teenager, my dad, at age 46, was diagnosed with Hodgkin's Disease. He started traditional chemotherapy and continued for over a year, but the disease progressed. He decided the side effects of the chemo were worse than the disease, and discontinued treatment. As our family was preparing for his probable death, an acquaintance suggested he go to Mexico for holistic treatment. There he learned how food choices affect activity of cancer cells, started proteolytic enzyme therapy, many other supplements, and a specialized immunotherapy. **REAL HEALTH** meant having my dad live.

This family health crisis impacted my career decision to pursue the nursing profession. I was out to change the world! **REAL HEALTH** meant making patients aware of their choices and educating them about holistic approaches to their health. I have been so fortunate to have been employed by forward-thinking doctors in Wichita who help their patients find Real Health.

My husband and I raised three children to be aware of what they put in their bodies and how that affected their athletic, musical and academic capabilities, weight, allergies, and stamina. They definitely noticed they were not eating the same foods their friends were eating. To this day they are suspicious of what might be in a smoothie I offer them! **REAL HEALTH** means growing a healthy family.

I now have a daughter-in-law for whom I am so thankful and admire because she embraces natural birth, breastfeeding, and limits sugar and processed foods for our three exceptional (in Gramma's eyes, of course!) grandchildren.

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## I WAS OUT TO CHANGE THE WORLD! REAL HEALTH MEANT MAKING PATIENTS AWARE OF THEIR CHOICES AND EDUCATING THEM ABOUT HOLISTIC APPROACHES TO THEIR HEALTH.

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**REAL HEALTH** now means being able to maintain energy and a level of fitness to help care for and actively play with the grandchildren, take my "grand dogs" for walks, and care for aging family members (including my dad who is now 92 years old and still living alone!), while holding a full-time job, and being involved in church, social and volunteer opportunities.

At this stage of my life, Real Health is still a passion and a continuous mission. Even though I see my body aging and sagging,

I want to continue to listen to my body, to make choices that are supportive of providing the energy and reserves I need for a very active life. Real Health also tends to the soul, continually cultivating a heart and spirit of gratitude. Real Health means not spending my "golden years" in various medical waiting rooms. My future maintenance plan is to continue to be a co-learner at Riordan Clinic in the ongoing pursuit of Real Health!



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