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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."

Is CBD Right for Me?



AUTHOR

Lucas Tims, ND, FABNO

Chances are you've heard of CBD. Perhaps you've read about it online or even seen signs for local shops selling it. Maybe a friend has told you they are taking it for pain relief or anxiety. You may have even come across YouTube videos of children being given it in the middle of a seizure and, seemingly within moments, returning to a normal state. In many ways, the purported benefits of taking CBD seem almost too good to be true, for something easily purchased online or from a supplement store. Despite all of the hype, there are still many unknowns. So, let's take a look at what we actually do know about CBD at this time.

What is CBD?

Cannabidiol (CBD) is a naturally-occurring compound found in the cannabis plant, and is the second most abundant of the active ingredients after tetrahydrocannabinol (THC). Unlike THC, however, CBD does not cause any euphoria or other mind-altering effects. According to a report from the World Health Organization, "In humans, CBD exhibits no effects indicative of any abuse or dependence potential.... To date, there is no evidence of public health related problems associated with the use of pure CBD." Due to the absence of safety concerns, CBD has not been as strictly regulated as THC. However, the laws around CBD are still evolving and remain convoluted and unclear.



Why does CBD not produce a "high" like THC? It has to do with its effects on a complex web of receptors known as the endocannabinoid system (ECS). The ECS was discovered in the 1960s and 70s, from research into the effects of cannabis on the human body. This led to further discoveries that our bodies actually create their own endogenous cannabinoids, which act as messengers to send signals from different tissues to the brain. Within the ECS there are CB1 and CB2 receptors. CB1 receptors are mainly found in the brain and central nervous system, whereas CB2 receptors are most often found on the cells of our immune system. THC is able to directly bind to CB1 receptors, leading to the psychoactive effects

Continued on page 2

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or "high." CBD, however, does not directly trigger either CB1 or CB2 receptors. Instead, it modifies receptors' ability to bind to the other cannabinoids. Additionally, CBD plays a larger role in the ECS by influencing other types of receptors and enhancing your natural levels of endocannabinoids. Because of this, CBD exhibits a wide range of potential benefits, including as a preventative medicine.

Types of CBD products

CBD is available as edibles, oils, tinctures, teas, topical creams and patches, and vape pens. Similar to natural supplements, CBD manufacturing is not regulated by the FDA. That means you must exercise due diligence when choosing which products to buy.

Studies have shown that a large percentage of CBD products found on line were

contaminated or even contained large amounts of THC. The best way to ensure the quality of CBD products is to discuss it directly with the company from which you are purchasing. Ask about third party testing and other quality assurance measures such as USP or GMP.

There are also a number of different CBD preparations, based on how it is extracted or isolated from the plant. Full spectrum extracts may contain other cannabinoids and fats, whereas distillates or isolates are more likely to contain only pure CBD. Because of these differences, many individuals may have different experiences and results based on the type of product they are taking and how it is prepared.

Research on CBD benefits

As discussed, CBD has been touted for a wide variety of health issues, but the strongest scientific evidence is for its effectiveness in treating childhood epilepsy and other seizure disorders. In numerous studies, CBD was able to reduce the number of seizures, and in some cases it was able to stop them altogether. As previously mentioned, YouTube videos of the effects of CBD on these children and their seizures are readily available, and they are quite striking. Recently the FDA approved the first ever cannabis-derived medicine for these conditions, Epidiolex, which contains CBD.

Relief from anxiety and depression with CBD is also supported by clinical research. For patients who suffer through the misery of insomnia, studies suggest that CBD may help with both falling asleep and staying asleep.

In addition, CBD may offer an option for treating different types of chronic pain. Recent animal studies have reported that CBD applied on the skin could help lower pain and inflammation due to arthritis. Another study demonstrated

the mechanism by which CBD inhibits inflammatory and neuropathic pain, two of the most difficult types of chronic pain to treat. Given the current opiate epidemic in the US, safer alternatives for pain relief are needed and further human studies with CBD are warranted.

IN NUMEROUS STUDIES, CBD WAS ABLE TO REDUCE THE NUMBER OF SEIZURES, AND IN SOME CASES IT WAS ABLE TO STOP THEM ALTOGETHER.



Legal issues

CBD is readily obtainable in most parts of the United States, though its exact legal status is in a constant state of flux. All 50 states have laws legalizing CBD with varying degrees of restriction, and while the federal government still considers CBD in the same class as marijuana, it doesn't habitually enforce against it. In December 2015, the FDA eased the regulatory requirements to allow researchers to conduct CBD trials. Currently, many people obtain CBD online without a medical cannabis license. The federal government's position on CBD is not clear, and depends in part on whether the CBD comes from hemp or marijuana. The legality of CBD is expected to change, as there is currently bipartisan consensus in Congress to make the hemp crop legal, which would, for all intents and purposes, make CBD difficult to prohibit.

Summary

At the end of the day, CBD oils and other products are supplements, and should be used as part of an overall healthy lifestyle. I encourage my patients to try CBD products, but only after working on cleaning up the diet, addressing nutritional deficiencies, exercising and introducing stress reduction practices like meditation. If you decide to try CBD, I encourage you to talk with your doctor first, to make sure it fits or is even necessary in your overall plan for health and wellness.

Contact the Editor

Please send any comments or suggestions to newseditor@riordanclinic.org. Thank you for reading.



Dr. Anne Zauderer
Editor

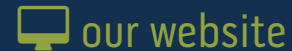
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Is ElectroPollution Making You Sick?



AUTHOR

Chris Wark
ChrisBeatCancer.com

SCIENCE LESSON: Your body is an amazing, electrically-powered, organic machine and your cells communicate with each other through electrical impulses. Your brain tells your heart to beat. Your stomach tells your brain you are hungry. Your skin sends information about the texture, temperature, and weight of objects you touch, etc.

In fact, your central nervous system is kind of like the Internet; it is the conduit for millions of messages to be sent back and forth between cells and organs to keep your body functioning properly. When you cut yourself, distress signals are sent out by the damaged tissue, and your body responds with various reinforcements to clot the blood, fight infection, and seal off the area. That's just one example of millions of chemical processes in the human body that are all controlled by electrical impulses.

Anytime electrical current flows through something, like a wire for example, it creates an Electromagnetic Field (EMF). Like electronic equipment, our electric bodies have an Electromagnetic Field surrounding them. We conduct electricity and radio frequencies, which is why getting close to or touching the TV antenna helps get a better picture. This is also why sticking a fork in an outlet will shock the spit out of you.

"Electropollution" is a term that describes our increasing exposure to harmful, invisible, electronic frequencies harnessed by man in our modern world. Electronic frequency can be divided into these basic groups:

Extremely Low Frequency (ELF): power lines

Radio Frequency (RF): radio and tv signals, microwaves, and wireless devices

Intermediate Frequencies: dirty electricity emitted by appliances, electric circuits, etc.

High Frequency: ionizing radiation, X-rays, CT scans, and PET scans, which have been proven to cause cancer

"Dirty Electricity" is a term used to describe the harmful combination of distorted frequencies from various electronic sources in our homes, offices, schools, etc.

So what's the problem exactly?

As I said before, our cells are constantly sending and receiving messages via electrochemical pathways of our nervous

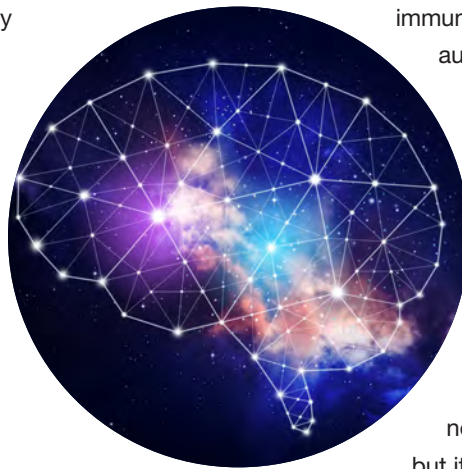
system. External Electromagnetic Frequencies can disrupt normal communication between cells. They essentially overload and confuse cells with false messages or messages they don't understand, like too many people trying to talk at the same time. This interference can disrupt cellular function in every part of your body.

When we are exposed to external EMFs, they can disturb our nervous systems and raise cortisol, our stress hormone, which can lead to all kinds of physical problems such as: sleep disorders, depressed immunity, cardiovascular disease, premature aging, autoimmune disorders, and even neurological problems like depression.

EMFs can rupture cell membranes and create free radicals resulting in DNA damage. They can disrupt normal cell division, handicap your immune system, and also create precancerous cells.

If you have health problems, electropollution is not something your doctor is going to look into, but it could be causing or aggravating your condition.

Don't rule it out.



Your home may literally be making you sick, aka Sick Building Syndrome.

Unless you live in a cave or a tee-pee, there is electrical current flowing inside the walls and ceilings of every room in your home, all producing EMFs. Every electrical device in your house is amplifying these electromagnetic fields: your TV, stereo, refrigerator, dishwasher, alarm clock, hair dryer, electric razor, computers, Wi-Fi, baby monitors, lamps, fans, etc.

We are living and working in electrified boxes, pulsating and radiating EMFs into our bodies nearly 24 hours a day.

According to the research completed in 1959 by Samuel Milham M.D., M.P.H., the spread of electricity is directly linked to a rise in degenerative disease, cardiovascular disease, and suicide in the United States. The incidence of these diseases was much lower in rural areas before they were electrified.



IF YOU HAVE HEALTH PROBLEMS, ELECTROPOLLUTION IS NOT SOMETHING YOUR DOCTOR IS GOING TO LOOK INTO, **BUT IT COULD BE CAUSING OR AGGRAVATING YOUR CONDITION.**

There have been over 30 studies, since the ground-breaking 1979 Leeper-Werthheimer Study, directly linking children with leukemia to their proximity to power lines, step down transformers, and exposure to EMFs emitted by household appliances.

There have been hundreds of studies linking EMFs to Alzheimer's, heart disease, Lou Gehrig's disease, miscarriage, birth defects, infertility and more.



Cell Phone Radiation

In 2006, a study of cell phone habits of 900 people with brain tumors was conducted by the Swedish National Institute for Working Life. The study found that people who used cell phones for a total of 2000 hours had a 240% increased risk for a malignant tumor on the side of the head that they usually held the phone. This is because cell phone radiation penetrates two inches into an

adult skull. Cell phone radiation penetrates even further into a child's skull. This is why children should not use cell phones.

FYI: 2000 cell phone hours breaks down to 2000 minutes per month for 5 years.

Here's what I do to minimize my exposure to cell phone radiation:

- I rarely put my phone up to my head when I'm using it. I try to always use the speaker phone, or my earbuds.
- I keep the phone away from my body as much as possible. I put it on my desk, on the table at restaurants, or on the car seat next to me when I'm driving.
- I prefer to text message rather than talk on the phone, and put my phone on airplane mode if I'm carrying it in my pocket for long periods of time. This stops the radiation completely and allows me to be present and to focus on the people I'm spending time with without interruptions.

So for those folks who like to give me a hard time because I never answer the phone – now you know why.

Also, the weaker your phone signal, the more radiation it produces. **If you don't have full signal, don't answer.**

Finally, **don't charge your cell phone on your nightstand at night.** Speaking of the bedroom – EMFs and any light in your bedroom can interfere with your body's production of melatonin, which is a major player in your immune system and is only produced when you sleep.

What Melatonin Does:

- It is an antioxidant 5 times more powerful than Vitamin C.
- It increases the effectiveness of your lymphocytes. Lymphocytes are killer cells that fight off foreign invaders and mutated cells.
- It increases the activity of superoxide dismutase (SOD) and glutathione. These chemicals are antioxidants, detoxifiers, and help repair damaged cells.
- Melatonin is one of the most powerful, health-promoting hormones in your body. Make sure there isn't anything interfering with your body's production of it.

What you can do to reduce EMF exposure at home:

Unplug electrical devices in your bedroom, especially those near your body. As much as you might like to hit the snooze button in the morning, you're better off putting the alarm clock on the other side of the room.

Unplug as many electrical devices as you can in your house. This reduces EMF exposure and saves you money. Turn your computers off, then turn off the power strip. Unplug the blender, mixer, toaster oven, etc.

Turn off your wi-fi when you aren't using it.

Install a kill-switch outlet in each circuit.

This requires a bit of explanation. Your outlets and lights are wired in separate circuits throughout your house. Depending on how your house is wired, all the outlets in one room should be on one circuit, but sometimes they share circuits with other rooms. If you disconnect the first outlet in the circuit, it will disable the power to the rest of the outlets in that circuit. If you disconnect the second outlet, the first will still work, but all the rest will be disabled. Make sense?

Other tips:

- Move couches away from the wall where your electric wiring is located. Avoid placing your sofa against a wall if your fridge is on the other side.
- Fluorescent bulbs generate more EMFs than standard bulbs and are filled with toxic mercury vapor. Because of this there is no good way to get rid of them. Oops. Two more things the “green movement” somehow missed. LED lighting generates the least amount of EMFs, but produces high levels of blue light, which can interfere with melatonin production at night. Incandescent bulbs are best.
- Ceiling fans, recessed lighting, and refrigerators all generate high magnetic fields in the rooms above them. You don’t want these below your bedroom.
- If you would like to measure the EMF fields in your home or at work, you’ll need a Gauss Meter. The TriField 100 XE is a Gauss meter with magnetic, electric, and radio/microwave detection in one unit. With it you can accurately measure EMF pollution “hot spots” in your home, or work environment so you can take steps to reduce your exposure. *FYI: This is also what ghost hunters use to look for paranormal activity.*

A kill-switch outlet will kill power to the rest of the outlets that follow it in the circuit, thereby allowing you to easily turn off whole circuits at a time without messing around in the breaker panel. For example, a properly placed kill-switch outlet will kill the power to every outlet in your bedroom, or just the three walls around your bed. It may also kill the power to other outlets in other rooms if they share the same circuit. The switch outlets we use have a small red indicator light on them. If the indicator light is on, that means there is power to the circuit. Also the receptacle in this outlet works even if the switch is killing the power to the rest of the room. This is what we have in all three bedrooms at our house.

Tracing down the different circuits and deciding where to install each kill-switch is something you can figure out yourself, if you have basic electrical experience (Please don’t burn your house down). If you want to hire an electrician, it should not cost you more than a couple hundred bucks. Kill-switch outlets themselves are only about \$9 each.

I learned a lot from the book “ZAPPED: Why Your Cell Phone Shouldn’t Be Your Alarm Clock and 1,268 Ways to Outsmart the Hazards of Electronic Pollution” by New York Times bestselling author Ann Louise Gittleman. It’s a fascinating read, and is chock full of invaluable information, only a fraction of which I touch on in this post. She’s done a ton of research and put it all together in an easy to read format with practical steps throughout.

*Chris Wark is the author behind the website chrisbeatcancer.com and best-selling novel *Chris Beat Cancer*. He was diagnosed with stage IIIc colon cancer in 2003. After surgery he opted-out of chemo and used nutrition and natural therapies to heal. Today he is healthy, strong, and cancer-free! To learn more about him and how he advocates for a natural approach toward supporting the body through cancer, please visit his website. To hear his interview with Dr. Ron Hunninghake, Chief Medical Officer of the Riordan Clinic, please visit: chrisbeatcancer.com/?s=ron+hunninghake.*

Upcoming Events

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

Food Additives to Avoid

The second of four classes in our **NEW** Food as Medicine series

Wednesday, March 6th

11:30am – 1:00 pm @ Wichita Campus 🗓️

Anne Zauderer, DC

Cost: FREE

Have you ever looked at the ingredients list on a packaged food and not recognized half of them? As food has become more of a science, new ingredients are invented and used every year. In addition, herbicides and pesticides are being sprayed on our food at an ever-increasing rate. This class will delve into the additives that the food industry has developed in an effort to market and sell more processed food to us.

Mindfulness for Reducing Stress and Anxiety

Wednesday, March 13th

12:00pm – 1:00 pm @ Wichita Campus 🗓️

Connie Porazka

Cost: FREE

Life can be busy. Our daily pressures and stressors can build and create an overwhelming sense of stress and anxiety that can spill over into our health and relationships. Come listen to and meet Connie Porazka, founder of Retreat to Joy, as she explains simple strategies for being more present and mindful in our daily lives to help reduce stress.

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

Upcoming Events

Vitamins and Nutrients in Food

The third of four classes in our **NEW** Food as Medicine series

Wednesday, April 3rd

11:30am – 1:00 pm @ Wichita Campus 

Anne Zauderer, DC

Cost: **FREE**

Most people have heard the term “superfood.” This is a food that has great nutritional value. What makes these foods so great? What types of nutrients are in these foods and what do those nutrients do for our bodies? In addition, there are foods like sugar that, in addition to making us gain fat and dysregulating our blood sugar, actually rob the body of these essential nutrients. In this class we will discuss the best foods to eat for the maximum nutritional value.

Food as Medicine

Wednesday, May 1st

11:30am – 1:00 pm @ Wichita Campus 

Anne Zauderer, DC

Cost: **FREE**

This in-depth course will connect all of the classes in the series 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.

All four classes of the Food as Medicine series will be recorded and available at youtube.com/user/healthhunter1



Health is... Student Project Contest

2ND PLACE WINNER, 2013
Mimi Logan, 5th grade

*Isely Traditional Magnet Elementary School
Teacher: Noelle Rogers / Paula Stanley*

Health 1-2-3

Everyone desires to be healthy. There are three basic ideas to help you be healthy. *An old Proverb tells us to "eat well, drink in moderation and sleep sound; in these three good health abound."*

BEGIN WITH SWEET DREAMS. Kids need 10-12 hours of sleep each night. Grown-ups need 6-9 hours of sleep each night. Sleep gives you energy for your day. When you sleep it supports your brain, growth, and development.

THE SAYING "AN APPLE A DAY KEEPS THE DOCTOR AWAY" IS TRUE. It's important to have a diet with fruits and vegetables. Your diet should also include fiber (grains), protein, and dairy. Water is important for your body. A child needs 5-8 cups of water every



day and an adult needs eight 8 oz glasses a day. Proper nutrition and water help your body function properly and keeps you alive.

THE THIRD HEALTH TIP IS EXERCISE. Kids (6-17) should exercise 60 minutes each day. Adults (18-64) need to exercise 2 ½ hours to 5 hours each week. Exercise keeps you fit and helps your heart and lungs. It also builds strong bones and muscles. Exercise

will increase your need for water as you lose water through your sweat. A proverb says "seven days of no exercise makes one weak!"

If you sleep, eat and exercise you will be better off. My own proverb is "if you're healthy, you're wealthy with healthiness!"

MINDFULNESS FOR REDUCING STRESS AND ANXIETY

Wednesday March 13th • 12pm @ Wichita Campus

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