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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."

Phospholipids to Protect Your Memory and Brain



AUTHOR

Dustin Moffitt, ND

We are all living in a world where health conditions affecting the brain's health are becoming more prevalent. This leaves us in a vulnerable place compared to that of our ancestors. Today we must take extra measures to protect ourselves from developing degenerative health conditions. While there are many elements to our health, today I will be addressing the topic of memory and brain health, and how phospholipids may potentially affect or improve them. There are five general classes of phospholipids. These are phosphatidylserine, phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol, and phosphatidylsphingomyelin. In this article we will focus mostly on phosphatidylserine and phosphatidylcholine.

Lipids are a key cellular component in our body. Phospholipids, a class of lipids, or fats, are especially crucial to the health of both cell membranes and neurotransmitters. Brain cell membranes are rich in two phospholipids in particular: phosphatidylserine (PS) and phosphatidylcholine (PC), with PC accounting for the larger percentage. In our cells the phospholipids line up in a lipid bilayer where the head of the molecule points outward and the tail inward, which helps to create a selectively permeable membrane to ions and most polar molecules. The cell membrane is selectively permeable and able to regulate what enters and exits the cell, facilitating the transport of materials needed for survival. Phospholipids are also crucial to brain health, as their release from glial cells helps to control the positioning of sensory neurons within the brain and spinal cord¹. Glial cells surround our nerve fibers and act as insulation, kind of like the insulation over an electrical cord; they help guide direction of electrical flow and without them we would have electrical shortages and sparks.



How do phospholipids play into memory and brain health? As cell membranes and glial cells are so vitally important to our cells' health and the way our nerves and brain fire nerve signals, without these we are truly in a world of trouble. As a matter of fact, phospholipid metabolism through metabolic markers is used to estimate cellular metabolism and aging in the brain cells², and determine the amount

Continued on page 2

of possible myelin loss³. There are also screens for autoimmune conditions involving either phospholipids, cell membrane parts, or even their metabolic breakdown products.

What are the potential benefits of phospholipids?

- **Energy production.** When oxidized, or burned for fuel, the phospholipids supply energy via glycerol and fatty acids.
- **Protection of the gastrointestinal mucosa.** Biologically active lipids, notably phospholipids (e.g., PC) and their metabolites (e.g., LPA) are able to enhance the barrier properties of the GI mucosa and to reduce the toxicity of pharmacological (e.g., NSAIDs) and natural damaging agents (e.g., bile acids, LPS), which induce tissue injury and disrupt membranes, leading to leaky gut⁴.
- **Supporting cell membrane structure and function.** As described above, Essential Phospholipids (EPs) supply the basic structural elements of every cell membrane in the body.
- **Supplying choline for acetylcholine (ACh).** PC is an excellent source of choline for the neurotransmitter ACh. More than 98% of choline in blood and other tissues is held in the form of phosphatidylcholine. Thus, PC serves as a “slow-release” source of the essential nutrient³, causing levels to rise for up to 12 hours after ingestion.
- **Energy storage.** Fatty acids and glycerol that are not oxidized may be stored as fat; a process called lipogenesis. Stored body fats provide a ready source of potential energy.
- **Prostaglandin production.** The body uses linoleic acid, one of the fatty acids in EPs, to make prostaglandins, a valuable family of signaling molecules. Prostaglandins also help to cause inflammation, pain and fever, which are needed in the healing process. Prostaglandins are involved in regulating the contraction and relaxation of the muscles in the gut and the airways.



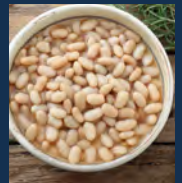
- **Emulsification of fat and bile.** In the GI tract, phospholipids aid digestion by emulsifying dietary fats and bile produced by the liver.
- **Aid in blood clotting.** EPs help modulate the aggregation of erythrocytes (red blood cells) and clotting agents called platelets.
- **Increasing cholesterol solubility.** By increasing the solubility of cholesterol, EPs decrease cholesterol’s ability to promote atherosclerosis. PC also aids in lowering cholesterol levels⁵, removing cholesterol from tissue deposits, and inhibiting platelet aggregation⁶.
- **Antioxidant protection.** Studies in animals demonstrate that PC has potent antioxidant activity, which can protect against one of the most important factors promoting body aging – oxygen free radical damage⁷. By this and other mechanisms, PC protects the body against a wide variety of adverse drug effects and other chemical toxins. The high content of linoleic acid in phosphatidylcholine may be responsible for much of its antioxidant benefit.

How does protection from leaky gut help the brain health?

There is something called the gut-brain axis (GBA), in our body where the brain and GI tract constantly communicate with each other by sending signals. Many of these signals involve both initiation of inflammation and halting markers.

With excessive inflammation initiated in the brain, we can lead to a brain on fire syndrome, or “leaky brain”, which mostly translates to slowed mental ability, increased brain disease (e.g. Alzheimer’s, Parkinson’s, or ALS). As the literature involving the GBA and gut biome evolves we are learning far more about the impact that our gut bacteria have on our brain health and immune system. Studies have shown that an estimated 90% of our serotonin⁸ is made in the GI tract and that 60-80% of our immune system is in the gut.

We have only begun to scratch the surface of what is beneficial to our health, and particularly our brain health. Phospholipids



Food Sources of Phosphatyl**choline**

Beef liver	Scallop	Brussel sprouts
Wheat germ	Salmon	Broccoli
Eggs	Chicken	Peanut butter
Beef	Shrimp	

Food Sources of Phosphatyl**serine**

Soy lecithin	White beans	Turkey
Tuna	Veal	Atlantic Cod
Chicken	Beef	Sardines

play a part in our brain health, specifically in regulating our cholesterol, inflammation, and gut health. Therefore, ensuring a steady supply of PS and PC through diet and supplementation can help to mitigate age-related cognitive decline and illnesses.

Dr. Moffitt is a doctor of naturopathic medicine. He 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.

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Thank you for reading.



Dr. Anne Zauderer
Editor

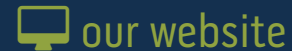
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FRIDAYS, MAY 17TH,
24TH & 31ST, JUNE 7TH

21-DAY DETOX PROGRAM

12-1PM

This program will help with the elimination of poor quality, inflammatory foods and will help replace them with nutrient-dense, antioxidant-rich food



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*paid in advance

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Tips from a Megavitamin Mom: Getting Kids to Take Vitamins and Lots of Them



AUTHOR

Helen Saul Case

This article was originally published by the Orthomolecular News Service April 9, 2016. <http://orthomolecular.org/resources/omns/v12n09.shtml>

Born and raised in a household where we used vitamins and nutrition instead of drugs, I am very familiar with utilizing high-dose nutrients to prevent and cure illness. I remember taking all those vitamins when I was a kid. And I still take them. I know how well they work. Now, I see how optimal doses of vitamins help keep my children, now 3 and 5, healthy and free of pharmaceuticals. You can do this for your family, too.

How do you get your kids to take vitamins? Which vitamins do they take? How often do they take them? What brands do you buy? How do you get them to take so much vitamin C? What if they don't want to take it? I get these questions often. I would like to take a moment to answer them.

How do you get your kids to take vitamins?

The number one rule is: keep 'em tasty. For younger children, find a liquid C they like and will swallow. Start young to get them used to it. We started in the hospital within hours of birth. When they were infants, we gave them liquid vitamin C with a dropper. When they got older, a medicine spoon. For kids who chew, chewable tablets work well on a day-to-day, meal-to-meal basis.

Multivitamins also can be given in liquid form. We administered multivitamins this way until the children could eat chewables.

How do you get kids to saturation of vitamin C?

It is winter: the kids have runny noses (at the very least). If they don't have a cough, some other kid does, and it seems like there is a perpetual wave of illness afflicting your home. It is high time for high dose vitamin C.

Bowel tolerance: an indicator of oral dose vitamin C saturation. Bowel tolerance is indicated by gas, a rumbling stomach, or slightly loose stool. If you take way too much C, very loose stool will result, but goes away once doses are reduced. When bowel tolerance is reached, back off the extra C.

Cathcart RF. Vitamin C, titrating to bowel tolerance, anascorbemia, and acute induced scurvy. Med Hypotheses. 1981 Nov;7(11):1359-76. Free full text: <http://www.doctoryourself.com/titration.html>

Large doses are needed in order to achieve therapeutic, saturation levels of vitamin C. We do this only when kids get sick, are about to get sick, or are receiving immunizations. We start

4

with a larger "loading dose" in the morning,

then continue to give C throughout the day. Once bowel tolerance is reached, we cut back how much C we give and how often we give it, but we continue to give C regularly. We do not allow children to get diarrhea. If symptoms of sickness persist, we do it again the next day, and the next. My brother and I were raised into adulthood without a single dose of any antibiotic. So far, my children have not needed to take an antibiotic, either. We use vitamin C instead.

When we get our kids to saturation, we make sure they stay hydrated with plenty of water. Since high-dose C can take their appetite away, we make sure that during this process, they eat good-for-them food that they enjoy. We also have them drink plenty fresh, raw, homemade vegetable juice every day. This is also exactly what my parents did with me when I was young.



Remember, if you have a really sick kid, you should go to the doctor. Diagnosis is a valuable tool. However, my husband and I know that if our children's pediatrician hands us a prescription for an antibiotic, antiviral, antihistamine, or antipyretic; high-dose vitamin C can be used in place of all of them.

"I was always known as a vitamin C nut, but I won many converts, especially during a virus infection. A segment of the population "gets" nutrition issues but a larger segment doesn't understand." - Ralph Campbell, MD

What forms of vitamin C do you give your children?

Chewable tablets are not very practical for saturation dose C administration. Liquids come in handy here. We add extra vitamin C crystals to liquid C to increase the potency in order to give high doses, and because C in liquid naturally loses potency as it sits. Or, when it is time for a dose, we scoop vitamin C powder into their favorite juice and have them drink it down right away.

We add a combination of approximately 80% vitamin C as ascorbic acid crystals and 20% vitamin C calcium ascorbate as a buffer to the juice or liquid C. The more ascorbic acid in the liquid, the more bitter it becomes. Therefore, we follow each dose with a tasty “chaser.” When they get a little older (over age 1) we follow really potent (and therefore more bitter) doses of vitamin C with an unbelievably tasty chaser. They get a small bite of organic ice cream, a little honey, a raisin, more juice, even chocolate: anything to get the job done.

When they were little, we gave the kids ascorbic acid vitamin C and calcium ascorbate vitamin C. Now, we also like sodium ascorbate. We find it is easier on their stomachs than ascorbic acid. Practically speaking, we give sodium ascorbate in the morning. Once our kids have food in their bellies, we switch to ascorbic acid or a mix of ascorbic acid and sodium ascorbate.

For toddlers and older kids, when they are not getting C in liquid, they can also be given chewable tablets to mix up the form of C to keep it interesting (and more likely to go down the hatch). We offer more than one flavor of chewable C tablets.

We also give liposomal vitamin C. Liposomal C is expensive, but so are doctor’s visits. When we want to get lots of C into our kids, we give any form of C that they will take, and vary the form frequently. When my daughter came down with a swollen sore throat, she could swallow liposomal C when she would not, or could not, easily swallow other forms of C. After each dose, we would let her slurp a homemade frozen juice bar, which she looked forward to having.

What if kids don’t want to take all that vitamin C?

Sometimes our kids will take C like champions. No complaints. They even ask for it when they are not feeling well.

Other times, they fight it tooth and nail. This is when creativity and patience and bribery and love and persistence pay off.

When you are a new parent and are breastfeeding or giving a bottle, you don’t just give up if your child does not eat and get the nutrition he or she needs. You do it until. This is how we feel about vitamin C. We insist they take the C. This is not negotiable. It is that important. But if, for example, they want to watch TV, we say, “Take C, and then you can.” Anything they want to do can be used as a motivator. Sometimes kids don’t want to do what is good for them, so we make it worth their while. I said to our daughter one day, “You have to take your vitamins if you want chocolate ice cream in the morning.”

There’s more. We cuddle them. We praise them. We agree with them that it is hard to take C all the time. And when all else fails, straight up bribery works wonders. At vaccination time, our daughter takes saturation level vitamin C to earn presents.

Giving them C when they wake up at night almost ensures protest, but nobody sleeps if a child coughs until morning. Our daughter will wake up very upset and nearly inconsolable. One night I simply said, “You can cough all night or you can take the C. Your choice.” My daughter chose the C. Other nights, we have to choose for her. We wait it out. Her desire to go back to sleep is often enough reason to come around and take the C.



Toddlers are notoriously contrary. These are the tricks we have employed to get high-dose C into our kids. Infants are not as likely to tell you “no.” Toddlers suffer no such inhibition. Making certain that vitamins are tasty (and seeing to it that you give small doses regularly, throughout the day, with meals) helps them take vitamins without much fuss. When my kids were breastfeeding, I would give them C before nursing and feed them immediately afterwards. If they needed more C, I would give them small doses more often. I

would also get to bowel tolerance myself, which in turn, would provide vitamin C for them in my breastmilk.

Older kids, who have done this for a while, may be more used to, and therefore more willing, to take high-dose vitamin C. When I was eight and older, I took the C because I knew it worked. I would do it on my own.

How often do your kids take vitamin C?

At every meal and every snack. We have travel bottles too, for when we are on the road or at a restaurant. If we are sick, we may take vitamin C every 15 minutes to every hour to get to bowel tolerance.

Days before, the day of, and for several days after immunizations, we give saturation dose vitamin C to minimize the risk of side effects from the vaccination, and to help the shot work better. You may notice that your child’s bowel tolerance will be much higher at this time.

How much vitamin C do you give to your children?

On a day-to-day basis, we follow board-certified physician Dr. Frederick R. Klenner’s dosing protocol: They get 1,000 mg of vitamin C per year of age. We started the day they were born with 50 milligrams (mg) per day of vitamin C. As the months went by, we gradually increased the dose. By age one, they were getting 1,000 mg/day. Now our three-year-old gets 3,000 mg/day; our five year old gets 5,000 mg/day. We will continue to increase the dose until they are ten, for a routine dose of 10,000 mg/day. And this is when they are in good health.

They get far more when bowel tolerance doses are needed due to stress, sickness, or shots. For example, after her last immunization, our four-year-old daughter who weighed about 33 pounds at the time, comfortably held 15,000- 20,000 mg of vitamin C a day, and had no negative side effects from the shot. <http://orthomolecular.org/resources/omns/v11n09.shtml>

“What a wonderful world it would be for children if there were more parents following this routine.” - Ken Walker, M.D.

What about getting vitamins from their diet?

One of the best ways to get vitamins into kids is to juice and serve fresh, raw vegetables and fruit, preferably organic. Our kids love homemade vegetable juice. They chug it. I'm not kidding. We make sure they will by blending in sweeter fruits and veggies with the ones that are less so. For example, a family favorite starts with a carrot base, 8 or so, an apple or two, a handful of cabbage, a few handfuls of spinach, and several stalks of celery and a beet, leaves included.

My kids are getting far more vegetables (and therefore nutrients) in their diet than most. Sure, we get them to eat vegetables and fruit, too. But we also juice 3-5 times every week to ensure the good food gets into their growing bodies. And we make a point to keep refined sugar out of their diet, which limits the sugar to primarily what comes naturally in their plant-based diet.

What brand of children's vitamins do you buy?

That's one question I don't answer. I do not endorse any vitamin company. Nor will I. In my opinion, if I tell folks to take vitamins, and then I just happen to sell them the very ones they need, it may detract from my message. But I can help a little:

We take (and give to our kids) vitamins free of artificial colors and artificial sweeteners. Remember that a *little* sugar gets the vitamins down. The end justifies the means. Vitamins have to be tasty or kids just won't eat them. The goal is to get the nutrients in them; don't worry about the bit of extra sugar in vitamins or the chaser you give them after they take them. (Just keep it out of the rest of their diet.) Vitamins need not cost a fortune. There are plenty of folks who will tell you otherwise, but we buy the cheapest vitamins we can that

are free of junk and give us the results we seek. Read labels. Check potency. Sometimes it takes two or even three tablets to get the amount indicated on the label. This can be confusing, and pricey. If you have questions about purity or sourcing, call the company. I do.

What vitamins do you give your children in addition to vitamin C?

We buy two different multivitamins for our kids. (One is actually for adults.) They each contain some vitamins and minerals the other does not, and in varying concentrations, so we mix it up

every other day so they can get the benefits of both. Basically, we look for multivitamins that include, among other things, 5,000 IU (international units) of vitamin A, at least 30 IU of vitamin E, 500-1,000 IU of vitamin D, all the B's, and a variety of minerals including 5 mg of iron and 100 mcg (micrograms) of iodine. We don't worry about the amount of vitamin C in their multi because we supplement with far more than is present in any multivitamin on the market.

As for minerals, they take chewable calcium and magnesium tablets in addition to the minerals they get in their multivitamin. We also throw a handful or two of unscented Epsom salt in their bath water 1-2 times per week. Occasionally, they get trace mineral drops in their water. Our efforts are to ensure that they get, in particular, enough magnesium.



Upcoming Events

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

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

21-Day Detox Program

Fridays, May 17th, 24th, 31st & June 7th

12:00pm – 1:00 pm @ Wichita Campus

Anne Zauderer, DC

Cost: \$39

Dr. Anne will lead classes in a group setting discussing how to properly do a detox program. She will walk participants through a detox program while also discussing important topics related to avoiding toxins in our environment. Class is limited to 20 participants. Class includes: weekly BIA, group class/discussion on detox, jump drive with recipes, detox booklet, and guest lecturers. **Participation Based. No Video or Remote Access.**

There are nutrients in their multivitamin that we give them more of as needed. We use our higher potency adult vitamins and find a way to administer them in a child-friendly manner. Here are some examples: It may be no surprise that when the kids aren't getting some sun, they are getting a cold. In the winter, we give the kids additional doses of vitamin D to the tune of about 5,000 IU weekly, and if they get sick. I open the capsule and drip it onto something they like. Ice cream works well. Really well.

We do the same with vitamin A. When they are sick, I give them a dose of 10,000 IU of vitamin A on ice cream as soon as they show symptoms. I do this only for a day or two. They continue to get their regular dose of A in their multivitamin.

If they are about to have a tantrum-inducing dose of sugar, like ice cream in the summer, or a piece of birthday cake, I crush up a tablet of about 10-20 mg of flush inducing, immediate release niacin, put the dust on a spoon with some raw honey, or right in the ice cream or bite of cake. It works remarkably well. It has also come in handy when the kids get a case of, what my father-in-law calls, "the can't help its" due to exhaustion, over stimulation, or some other factor. When kindness, reasoning, hugs, understanding, distractions, timeouts, rest, and patience do not bring a toddler down from the brink of an irrational breakdown, we have found that a little flush niacin does. The results can be incredible to behold, and it is safe. Remember, niacin may cause a flush. Your child may feel warm, look a little red, and feel itchy. This is saturation of niacin. It means they have had enough niacin, for now. We give the *minimal* amount of niacin that helps them be calm, and not so much that they experience a strong, uncomfortable flush. Work out the right dose for your child in cooperation with your physician.

Doesn't taking vitamins just make expensive urine?

Kids are expensive. Some people may think that giving kids vitamins just makes for more expensive kids. That is certainly one way to look

at it. Here is another: Nutrients in urine may indicate that our children are well-nourished and have some to spare. Vitamin deficiency is the problem. Abundance, however, is not.

It is a good idea to see that children eat right and take vitamins. Give their bodies the opportunity to absorb essential nutrients. The body cannot absorb what simply is not there.

Like a good meal, vitamin sufficiency does not last forever. Their bodies will be "hungry" for these nutrients again. In the same way a baby needs nourishment many times each and every day, kids (and adults) should be taking vitamins in several intervals throughout each day.

Vitamins are very safe and, when compared to drugs, vitamins are not only vastly safer, but remarkably inexpensive. Pharmaceuticals make for far more expensive urine.

Are vitamins safe?

Yes. Far safer than any drug on the market, prescription or over-the-counter.

Doing it yourself

Bear in mind, I am not a physician. You should always look into vitamins and nutrition for yourself, and do what is best for you and your family. Talk it over with your doctor. However, I do not believe you have to be a doctor in order to take control of your own health or your children's health. Doing it yourself does not mean it will be easy. It is an incredible amount of work to keep kids healthy. But it is worth it. Sure, take your kids to their pediatrician. But wouldn't it be nice not to need to go?

Helen Saul Case is the author of *The Vitamin Cure for Women's Health Problems* and coauthor of *Vegetable Juicing for Everyone*. Her latest book is *Vitamins & Pregnancy: The Real Story*.

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

Upcoming Events

Food 101: Nutrition Basics

Wednesday, June 5th

11:30am – 1:00 pm @ Wichita Campus

Anne Zauderer, DC

Cost: FREE

This class will explore the basics of diet and nutrition from a functional medicine perspective. This is an essential piece to understand how your body uses a variety of foods, differently. Some of the topics we will look at are: the differences between a fat, carbohydrate, and protein and how each fit into our dietary needs; why we need fiber (from plants) in our diet; what *exactly* is metabolism and what can we do to support it; and much more!

Previously recorded and available on YouTube

Lunchtime Lecture: Essential Oils for Summertime

Wednesday, June 19th

12:00am – 1:00 pm @ Wichita Campus

Shawndra Hartman & Jocelyn Pickard

Cost: FREE

Come learn about ways that you can incorporate essential oils into a healthier lifestyle. They can be used for stress relief, skin care, cleaning products and so much more!

#ichooserealhealth

RIORDANCLINIC.ORG/REAL-HEALTH

AMANDA LEE, NCMA, AAS



This time of year it seems almost everyone is getting sick. Whether it is allergies or the dramatic change in weather, we all know someone who is suffering, young and old alike. Certainly, no one wants to see children suffer from health problems. How can this be prevented? By simply knowing what can help boost our children's immunity.

As a mother, one of the last things I would wish for my young children is sickness. I have mapped out a routine for my children which has helped keep them from getting most of today's common illnesses. Even at the first sign of the common cold, my oldest will drink her "Magic Juice," which is simply Sufficient-C (a high-potency vitamin C powder). Between that and her vitamin ritual, I can proudly say that she is the only one in her group who did not get the flu this past

winter! My youngest is just an infant, but she too has a routine with vitamins to help her immune system. She, like her older sister, did not contract the flu either! Talk about a big win for this momma!

Another great healthy concept, that I try to stick to on a daily basis for my children, is frequent activity. Rain or shine we are always moving, getting outside, or going to the gym together. If there is one thing my children love, it is being outside and breathing the fresh air.

If it weren't for my children taking their vitamins on schedule, I wouldn't be able to enjoy playtime, or even watch them thrive with radiant health. In a world full of chronic illnesses, I look toward giving my growing family those things that will prevent disease rather than just treat symptoms.

So what is Real Health to me? Real Health is family health!



Now Accepting New Patients

IN OUR OVERLAND PARK OFFICE

A natural, non-toxic approach
to healthcare.

**\$250 off Advanced and Essential new patient programs when completed in full. Valid through May 31, 2019. Offer available for the Overland Park office only. Offer not valid on previous visits or programs. Visit riordanclinic.org to learn more.*

\$250 off
New Patient
Programs

