



Health Hunters

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Living (and Thriving!) with Crohn's and Colitis: The Ostomy Guy



AUTHOR

Austin Powers

Do you want to know what you aren't being told about Crohn's, colitis, and all chronic illness for that matter? Seriously, do you really want to know? You might not like the answer. The truth has a funny way of forcing us to make a choice. You must choose sides, and making no choice at all is itself a choice. So, I challenge you right now to be open to my observations and to consider them seriously.

My name is Austin Powers (YES! Seriously!). I'm the author of "The Ostomy Guy Story: Memoirs of a Bagman" and the host of "The Ostomy Guy Podcast." I was diagnosed with fistulizing Crohn's and colitis when I was 10 years old in 1992. It all started because of a fistula opening near my rectum. At that time there were no answers as to how to physically handle something like this, let alone emotionally, and there still aren't. Children of all ages are getting diagnosed with chronic diseases, and left with more questions; the important ones have too many answers, while the most important ones have no answers. Both leave you feeling paralyzed.



First, it's hard. The spectrum of Irritable Bowel Syndrome (IBS) is so broad that each one of us seems to land on a different spot. With many different experiences, identifying where we fit and what path we're most likely to travel, flusters our mind and weakens our will to fight. That's the foundation of the chronic illness struggle. You will be weak emotionally because this battle happens in your world and on your calendar. Every day you will have to fight, via your diet and lifestyle just to give your body a level playing ground to defend itself against an illness. This will get old because you'll get sick in spite of your efforts. You read that right. That's what makes it hard.

Second, you have a chronic illness. EVERYONE will expect you to get over it as if you have a mild cold. The rule so far is that there is no cure for Crohn's and colitis. Since the day of my diagnosis, I've been approached by over a hundred people with a juice, powder, supplement, super food, diet, or you name it; that would be the solution to my problem. In every pitch,

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."

someone with Crohn's was cured, which hooked me in to buying. The disease evolved each time. Symptoms eventually returned in the same and sometimes new and different ways. It's this way with many medications, too. I want to relieve you of some frustration, not create more of it. Whether we like it or not, it's OUR illness and we have some responsibility to it. Constantly getting let down by drugs or treatments no longer working is almost harder than just living with the disease.

Third, you will feel totally alone until you share your story and realize there are others out there like you. There's no other way of saying it. The reality is that everything we're discussing here is important and imperative to your health and sanity, but the world doesn't care, nor does it make time to hear about it. In all areas of life, my illness presents itself. I realized very early that even with boys, conversation about bowels is only funny under certain circumstances, otherwise it's mostly TMI, too much information. I secluded myself and hid everything. That's how I coped with it. Out of sight, out of mind. Always acting like someone I wasn't, eventually caught up to me.

Mine was in the form of depression and anxiety. I say it all the time, "Your head is like a bad neighborhood, you should never go through it alone." I had to start talking to someone professionally to help me dig up everything I suppressed all those years. I wish I had opened up much sooner with someone about the mental side of living with a major illness. There's no better time than the present.

Fourth, your suffering is not in vain. You know it and I know it. Let's get this straight, I've never liked pain. I might act tough about it with the guys, but I don't prefer or enjoy pain. However, I have found incredible value in embracing and allowing myself to be formed by the suffering in my life. The difficulties drew out perseverance and optimism toward life that helped me overcome hard times. The forever, chronic nature of my illness and its restrictions forced temperance out of me, which resulted in compassionate empathy toward others who suffer. The loneliness sent me on a spiritual

journey, that I wouldn't have gone on otherwise, to find the meaning of my life and the purpose of all this suffering.

I, along with everyone diagnosed with a chronic illness, have been given a great but hidden gift. As my mom used to say, "Austin, you don't have to want it, but you have to take it and send your grandmother a Thank You." Chronic illness is a lot like a daily giant multi-vitamin, just get a big glass of water and swallow it or you'll choke. Then, wake up tomorrow and do the same thing. Don't let all this information get stuck in your throat and "choke ya." Get it down and let it digest.

My journey only began to gain clarity when I started seeing Dr. Ron Hunninghake at the Riordan Clinic in Wichita over 14 years ago. The collaboration of naturopathic care and gastroenterology helped me manage my illness and become proactive rather than reactive, as I'd been for so long. We created a baseline for myself and work from there for the most manageable life. Life's not perfect, but it's manageable, and that's

what we should all be searching for as we seek a cure.

I wrote my story to shine a bright light into the dark world that is living with Crohn's and colitis and an ostomy bag. This is a map for those living with a chronic illness, to find their way to peace of mind in their daily journey. Make a sure link for your loved ones to deeply unite with the intensely personal life we live. This account was written to inspire every reader to go back to their life and live more intentionally and love more selflessly.

Austin Powers is a native of Wichita, Kansas and the proud father of four children. He has written a book, "The Ostomy Guy Story: Memoirs of a Bagman," which is available on Amazon. He has bravely shared his story about living with Crohn's and colitis for the past 27 years. Please support him by checking out his book or by tuning into his podcast, The Ostomy Guy Podcast (available on iTunes). His hope is to make you laugh, cry and feel better about being alive.

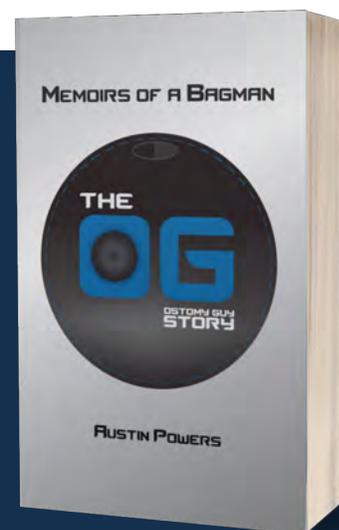


Living (and Thriving!) with Crohn's and Colitis: The Ostomy Guy

FREE LECTURE AND BOOK SIGNING

Wednesday, November 13th
Noon – 1:00 pm @ Wichita Campus

Meet Wichita, Kansas native Austin Powers, author and host of The Ostomy Guy podcast.





Please Welcome Dr. Gael Wheeler!

GAEL WHEELER, D.O | OVERLAND PARK

“My top priority is helping each patient identify and develop realistic, lifelong preventative strategies, therapeutic approaches and healthy routines to optimize their health span and their quality of life. I use a combination of conventional and evidence-based Integrative approaches to help patients address the root of their problems.” – Dr. Gael



Board-certified in Osteopathic Family Practice and in Holistic Medicine, Dr. Gael Wheeler focuses on empowering patients to create a path to optimal health.

Dr. Wheeler graduated from Kansas City University of Medicine and Biosciences in 2000 and completed internship and residency in Tampa, Florida. After residency, she was honored when the CEO of the hospital system she trained in offered her a year's stipend in order to stay in the community and start a practice. She established Carrollwood Integrative Medicine in Tampa and practiced there until 2008, when she was lured by the beauty of the Pacific Northwest to the small college town of Corvallis, Oregon. There, she founded Grace Good Health, a small integrative health practice. In 2014, with a desire to be closer to family, she moved 'back home' to the Kansas City metro area.

While conventional medical training prepares physicians to diagnose illness and manage symptoms, Dr. Wheeler was intrigued by finding and addressing the root causes of imbalances that lead to poor health. This curiosity led her to seek further training through a number of entities. The American Academy of Environmental Medicine provided an understanding of the importance of considering exposure to toxins in our every day and work environment and the impact of these on our physiology. The American Holistic Medical Association has been valuable for deepening an understanding of the mind-body connection. The Institute for Functional Medicine has provided a systematic approach for understanding the common underlying pathways that lead to health or disease.

Dr. Wheeler has sought additional training through the Age Management Medicine Group, the American Academy of Anti-Aging Medicine and Professional Compounding Centers of America, among others, regarding the proper use of bioidentical hormone replacement therapy to address endocrine imbalances. Dr. Wheeler's approach brings together a diverse field of knowledge that creates a truly integrative way of considering each patient's health concerns.

Dr. Wheeler holds membership in the American Osteopathic Association, American Academy of Anti-Aging Medicine and the Institute for Functional Medicine. She has been active in the education of medical students, residents, and physicians regarding an integrative approach to the practice of medicine. She has been considered an expert regarding the appropriate use of bioidentical hormone therapy for women and men and has spoken and written extensively on this topic.

When not at the office, you'll find her hiking local trails with friends, out in the garden or, as a self-confessed physiology geek, with her nose in a fat book with a long title having to do with biochemistry or the like! She is happy being back home in Kansas City, where she enjoys the company of her son and daughter-in-law, her sister and old friends. "I feel a bit like Dorothy in Wizard of Oz, who said it best: There's no place like home!"

Dr. Wheeler is currently accepting new patients at the Riordan Clinic, Overland Park location.

To schedule an appointment with her, please call 316-682-3100.

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Call 316.682.3100 to
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Healing with Light

Reprinted from Health Hunter, July 2012

Phototherapy is the medical use of light to activate the healing properties of the blood. Phototherapy has been used for over 80 years to treat a wide spectrum of ailments, including everything from acne to fibromyalgia to serious infection.

Phototherapy makes use of ultraviolet (UV) bands of light. Most of us are familiar with the UVB band of sun light. Excessive time in the sun can result in a bad burn due to UVB. The UVC band of sun light is known to kill germs. The UVA band is thought to modify the immune response of cells and may have anti-inflammatory and anti-cancer properties.

The medical use of ultraviolet light takes two forms. Both involve the irradiation (exposure to light) of blood or blood components with one or more of the UV bands of light. We will briefly discuss the form of light therapy called photopheresis. We will then turn our attention to the current revival of the light therapy now being offered at Riordan Clinic: UBI (ultraviolet blood irradiation).

Photopheresis is a technique that exposes isolated white blood cells to both a photoactive drug and UVA light. The treatment was introduced in 1987 and is approved by the U.S. Food and Drug Administration (FDA) to treat cutaneous T-cell lymphoma and immune-mediated diseases such as graft-versus-host disease (a complication related to bone marrow or stem cell and organ transplants). The treatment is thought to control these diseases by inducing the death of certain white blood cells called lymphocytes. The overall effects of photopheresis on the immune system remain poorly characterized. Patients who respond well to the treatment notice significant improvements in their quality of life. Toxicity is minimal. Compared with control groups, patients treated with photopheresis have better survival times.

An older and easier-to-administer form of ultraviolet light therapy is called UBI. This is also called autologous blood irradiation—autologous meaning “the use of one’s own blood.”

In the early 1920’s, Emmet Knott developed a method for drawing a small amount of the subject’s own blood and passing it safely through a chamber where it was treated with UV light and then returned to the body. He used the same wavelengths of UV light that come from the sun in order to make use of its healing properties.

Knott irradiated the blood of his first human subject—a case of sepsis, or blood-borne bacterial infection. The patient recovered within 24 hours of the treatment. By the summer of



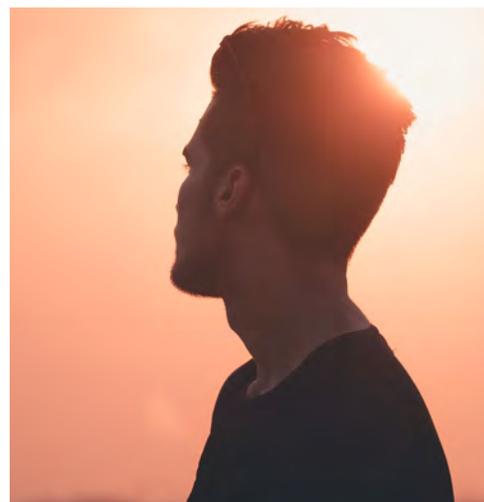
AUTHOR

Nina Mikirova, PhD



AUTHOR

Ron Hunninghake, MD



**PHOTOTHERAPY HAS BEEN
USED FOR OVER 80 YEARS
TO TREAT A WIDE SPECTRUM
OF AILMENTS, INCLUDING
EVERYTHING FROM ACNE
TO FIBROMYALGIA TO
SERIOUS INFECTION.**

1942, over 6,500 patients had been treated with this therapy, with a success rate that was greater than 95%, with no harmful side effects.

In 1943 medical authors reported on the use of UBI in a series of cases involving viral pneumonia. They noted a complete disappearance of symptoms in 24 to 76 hours following a single treatment. All coughing disappeared in 3 to 7 days. Lung X-rays cleared in 24 to 96 hours.

Mechanisms of UBI treatment

How does UBI work? Two basic hypotheses have emerged from various practitioners and researchers:

1. The UV treatment of the blood in the treatment chamber destroys or alters bacteria and viruses in the extracted blood in such a way as to create a kind of vaccination effect, when the killed germs are returned to the body. This provokes an activation of the immune system which, in turn, hunts down and destroys the remaining bacteria or virus in the body.
2. The treatment of this small fraction (about 5 percent) of the blood then propagates throughout the entire volume of the blood, emitting a secondary irradiation of biophotons that have been induced by the UV light in the treatment chamber.

Knott and other early researchers suggested that UBI has a complex effect on the immune system. On the one hand, the UVC lights in the UBI machine act in a germicidal way. On the other hand, the UVA lights (the machine contains both) act to modulate or alter in some way the functioning of the white cells that are having an auto-immune effect.

Proponents of UBI published their findings in dozens of scientific articles. Thousands of patients were treated at medical centers. UBI fared well in several clinical trials, but most of the published studies consisted of a series of cases without controls.

One critical study (Moor et al.) pointed out the lack of controls and the unclear criteria for success in the articles published by UBI's proponents. It also claimed that UBI had no effect on bacteria or toxins. In another critical study (Schwartz et al. in 1952), funded in part by the American Medical Association, the researchers showed that it was not the direct treatment on the blood that destroyed the bacteria.

It is important to mention that The US Foundation for Blood Irradiation (FFBI) manual emphasizes that UBI is a nonspecific therapy, as its exact mode of operation is unknown.

Ultraviolet Therapy for Patients with Inflammation

UBI therapy is practiced in Russia, Germany, the United States, and many other countries. There are many published studies that demonstrate its effectiveness in the treatment of many serious forms of infection, such as peritonitis, septicemia, tuberculosis and post-surgical infections. They all affirm that UBI is an effective tool in hospitals and clinics. Most of the completed studies were conducted in Russia. Short descriptions of these studies are presented below.

On the basis of the analysis of the results of the treatment of 115 patients with acute sepsis (life-threatening blood infection) the authors established that transfusion of autologous blood irradiated by UV rays reduced the likelihood of death by almost threefold.

An analysis of UBI in 85 patients with various surgical diseases has shown the method to be simple, available and highly clinically effective. The experience with the use of ultraviolet irradiation of the blood in 98 patients with purulent-inflammatory disease was described. UBI of the blood considerably improved the results of treatment of these patients. The highest effectiveness of UBI of the blood is noted in treatment of sepsis.

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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Analysis of the results of clinical immunological study of the use of UBI in pediatric pneumonia indicated that it corrected the immune response of the child to the bacterial aggression through adequate production of monocytic phagocytes and plasma cells. It also influenced the

completeness of immune response and the reduction of T-lymphocyte deficiency in the acute phase of the disease. UBI considerably reduced the mortality rate of this disease in young children.

Eighty-one patients with inflammatory diseases responded favorably to UBI. In another study, 199 patients with different forms of peritonitis enabled the authors to recommend the inclusion of UBI. It reduced lethality twofold.

An experience with treatment of 1,527 patients with different forms of acute inflammation was analyzed. UBI was an effective method of treatment

for these conditions, resulting in rapid arrest of local and general symptoms of the disease. The number of complications and recurrences was also reduced.

Ultraviolet Therapy for Patients with Diabetes

The effect of UBI on treatment of diabetes was analyzed in several studies. Below are presented data of several Russian and German studies of ultraviolet irradiation of autologous blood in the complex treatment of patients with diabetes mellitus.

In one study, a single reinfusion of UV-irradiated autologous blood was performed in 76 patients with non-insulin-dependent (NID) and insulin-dependent (ID) diabetes mellitus. Lipid peroxidation, the activity of glycolysis and pentose cycle principal enzymes, red cell cyclic nucleotides, hormones concentrations, and glucose utilization were investigated. The study showed that general physiological action of UV radiation is primarily due to the lipid peroxidation and damage of cell membrane properties. UV radiation is valid in combined therapy of NID diabetes mellitus as it activates an intracellular repair mechanism and improves tissue utilization of glucose.

Another paper was concerned with the results of a study of the effects of a single reinfusion of photo-modified (UV light irradiation) autologous blood on the levels of plasma hormones, lipid peroxidation and antioxidant system of erythrocytes, the activity of the main enzymes of glucose metabolism in erythrocytes, and the state of cellular immunity in 45 patients with non-insulin-dependent diabetes mellitus in the 2-day and the 14-day periods following treatment. The treatment was shown to cause prolonged activation of intracellular glucose metabolism, a decrease in the endogenous insulin consumption by tissues, and a decrease in the blood concentration of insulin.

Several recent clinical reports demonstrate positive experiences with UBI in a scenario of prevention or long-term delay of diabetic complications. The use of laser treatment did not vary greatly, but patients' vision was improved and was maintained at a constant level for an extended period—in many cases, for decades. These experiences were supported by long-term improvements of blood pressure amplitude, lowered plasma viscosity and thrombocyte hyperaggregability. Diabetic foot ulcers could also be avoided. Ultraviolet Therapy for Patients with HIV Infection

Ever since it was shown that UV radiation has an effect on viruses in vitro, the possibility that UV therapies may affect the progression of HIV disease has attracted the attention of clinicians and laboratory scientists. Additional in vitro and animal studies made it possible to



Upcoming Events

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

Food 101: Nutrition Basics

Wednesday, October 2nd

11:30 am – 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!

The Importance and Safety of High-Dose Vitamin D3

Wednesday, October 23rd

Noon – 1:00 pm @ Wichita Campus 

Ron Hunninghake, MD

Cost: FREE

What if there was a vitamin (that was actually a hormone!) that could reverse your autoimmune condition, improve the quality of your sleep, and even help with reversing metabolic syndrome? Dr. Ron Hunninghake will present the literature that vitamin D can do all of these things. He will discuss the benefits, safety, and efficacy of using vitamin D therapy in high enough doses to achieve the powerful modulating effects on the immune system that can help those with autoimmune conditions. Reserve your spot for this lecture today!

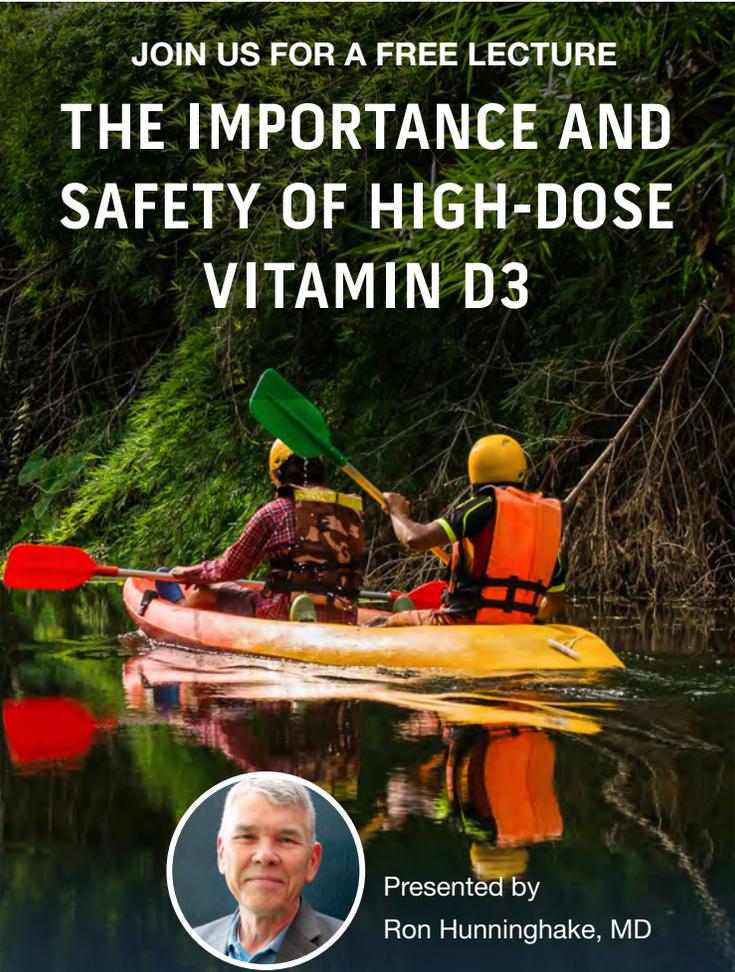
determine types of UV exposure and dose ranges that have HIV-deactivating potential.

The safety of UV phototherapy for patients infected with the human immunodeficiency virus (HIV) remains controversial. Ultraviolet light from artificial and natural sources was first shown to enhance HIV growth in experiments using cell culture systems. In vivo studies using transgenic mice, with HIV, further indicated that sunlight and artificial UV-B in doses as low as 9 ml/cm² can potently stimulate viral replication in the skin. In these experimental systems, ultraviolet radiation was thought to activate viral replication.

In a self-controlled prospective study of the effect of UV phototherapy on plasma HIV viral level, patients received UV-B phototherapy. Plasma HIV levels showed no significant increase or decrease in most of the patients, defined as a three-fold change from baseline (mean fold change from baseline after 8 weeks of phototherapy, - 1.1). Trend analysis indicated no significant pattern of change in viral levels. The CD4+ cell counts also remained unchanged. The conclusion of this study was that no significant effect of UV-B exposure was seen on plasma HIV-1 levels and this type of therapy appeared to have little effect against this ever-mutating, hard to control virus.

UBI therapy is used to treat a variety of diseases, some of which are extremely complex. While there are no negative side effects from the treatment, it is still considered experimental by most insurance companies and conventional clinicians.

To learn more about the UBI therapy that is offered at the Riordan Clinic, visit our website at riordanclinic.org or call 316-682-3100 to make an appointment today.



JOIN US FOR A FREE LECTURE

THE IMPORTANCE AND SAFETY OF HIGH-DOSE VITAMIN D3

Presented by
Ron Hunninghake, MD

WEDNESDAY, OCTOBER 23RD
Noon - 1pm @ Wichita Campus

Learn about the benefits, safety, and efficacy of using high dose vitamin D therapy to reverse your autoimmune condition, improve the quality of your sleep, and even help with reversing metabolic syndrome.

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

Upcoming Events

Food Additives to Avoid

Wednesday, November 6th

11:30 am – 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? Are all of those ingredients harmful? 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.

Living (and Thriving!) with Crohn's and Colitis: The Ostomy Guy

Wednesday, November 13th

Noon – 1:00 pm @ Wichita Campus 

Austin Powers

Cost: FREE

Please join us for a special lecture and book signing with Austin Powers, The Ostomy Guy. Austin was born and raised in Wichita, Kansas. He was diagnosed with severe Crohn's and colitis at a young age. He has written a book entitled, "The Ostomy Guy Story: Memoirs of a Bagman," which documents his experience living with a chronic disease. His account of his experience will help find the humor and hope in otherwise difficult times and let those who have a chronic disease know that they are not alone.

KNOW YOUR OILS:

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History

- Oldest of European herbs used for medicinal purposes
- Use has been documented back to 1,000BC and found in Egyptian pyramids

Benefits

- Antimicrobial properties
- Anti-nausea
- Boosts energy levels

Uses

- Relieve muscle and joint pain
- Sinus and respiratory care
- Seasonal allergy relief
- Alleviate headaches (2-3 drops can be rubbed on temples, forehead and back of neck)
- Fresh breath (add 1 drop to toothpaste)
- Bug repellent (ants, spiders, cockroaches, mosquitos, mice)



Jocelyn Pickard is a dedicated volunteer at the Riordan Clinic. Her health journey led her to essential oils 17 years ago. She is an avid learner and has extensive knowledge and training in how to incorporate essential oils into your daily life.

✉ josdugpickard@gmail.com

📷 [@jospickard](https://www.instagram.com/jospickard)

Recipes made with Peppermint Essential Oil

Homemade Vapor Rub

draxe.com/natural-remedy/body-care/homemade-vapor-rub/

TOTAL TIME:
30 MINUTES

SERVES: 30-60

- ¼ cup olive oil
 - ½ cup coconut oil
 - ¼ cup grated bees wax
 - 20 drops peppermint essential oil
 - 20 drops eucalyptus essential oil
 - Glass jar
1. Pour the olive oil, coconut oil and beeswax into a jar.
 2. Place a saucepan with 2 inches of water over medium low heat.
 3. Place jar in saucepan and allow oils to melt. Stir to combine.
 4. Once combined, allow to cool slightly and add in essential oils.
 5. Pour mixture into metal tins or storage containers and allow to set.

Sunburn Spray

draxe.com/natural-remedy/skin-and-beauty/homemade-sunburn-spray/

TOTAL TIME:
10 MINUTES

SERVES: 10-30

- 1/2 C liquid Aloe Vera juice
 - 1/8 C fractionated coconut oil
 - 10 drops lavender EO
 - 10 drops peppermint EO
1. In a sauce pan, add 2 inches of water. Place over medium heat.
 2. In a jar, add coconut oil and aloe vera juice. Place jar in sauce pan and stir, waiting for the mixture to liquify and combine.
 3. Once combined, remove from sauce pan and add in the oils, mixing well.
 4. Pour into spray bottle and store in cool place

