



Riordan  
Clinic

# Health Hunters

August  
2020

Vol. 34  
No. 7



## Inside this Issue

Metabolic Scoring: Using Metrics to Motivate Change

1-4

Check Your Health

4

Introducing, Our Brand New Discovery Program

5-6

Is Medically Supervised Weight Loss Right For You?

7-8

COVID-19 Antibodies Test

8

## Metabolic Scoring: Using Metrics to Motivate Change

This July marks my 31st year at Riordan Clinic. My goodness! Where did all that time go? Now, say you, *what has the good doctor learned?* Well, I believe I have learned a great deal about *one's personal quest for better health*. Over the years, I have mentored many wonderful people in the process of discovering better health.



**AUTHOR**

*Ron Hunninghake, MD*

This year we are taking a bold new step to formalize this process. We will soon be launching the Discovery Program. The Discovery Program promises to be more affordable, more flexible, and more practical for growing numbers of medical patients who are ready to become what Dr. Hugh Riordan called "co-learners." The foundation of real health discovery for every co-learner is a fundamental and recurring process called *Metabolic Scoring*.



Before I define this term, let us explore a little of Riordan Clinic's architectural history to better understand the theory and structure of Metabolic Scoring.

## The Pyridomes Are a Message

When the clinic was built, Dr. Hugh wanted to let the architecture itself speak! Our iconic pyramid, while fascinating in one light, nevertheless seems weird to some, and oddly out of place in our modern world. But within the unusual Pyridome architecture lies a very important message and the foundation on which our method of care is built.

### THE ASPIRATION TO BE HEALTHIER

The Riordan Clinic logo reflects the two-story pyramid that highlights our Wichita campus along with the eight geodesic domes. From time immemorial, the pyramid has served humankind as a symbol of *aspiration*. The broad base of the pyramid grows "star-ward" to form a foundation that progressively builds to a pinnacle, which, in Dr. Hugh's mind, was *optimal health*.

*Continued on page 2*



Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility in Wichita, Kansas co-founded 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."

To achieve optimal health, one must walk the sometimes difficult path of lifestyle improvement. Indeed, the original name of Riordan Clinic was *The Center for the Improvement of Human Functioning*. The seven domes encircling the larger, central dome represent the seven elements of an ever-healthier lifestyle:



Connectivity (healthy relationships)



Stress management



Quality sleep



Regular exercise



Real food



Toxin control



Supplementation

## THE EIGHTH DOME

Every year, through great effort and expense, Dr. Hugh created an amazing series of *International Conferences on Human Functioning*. He generated 15 of these ground-breaking conferences during his tenure. He launched each meeting with the Epictetus quote:

**“IT IS IMPOSSIBLE TO BEGIN TO LEARN THAT WHICH ONE THINKS ONE ALREADY KNOWS.”**

So much wisdom emerged from these conferences, but I want to highlight one concept in particular, and that is Dr. Hugh’s warning to all clinicians who strive to engender nutrition as a foundation of their medical practice: “measure, measure, measure!”

How can we, as clinicians, ever learn anything about the importance of proper nutrition if we never *measure* our patient’s nutritional status? How can our co-learners ever learn anything about their biochemical uniqueness without repeatedly investigating it through the power of biochemical testing? In this spirit, the eighth and largest dome at Riordan Clinic represents the fundamental importance of **measuring** what we call *health-markers*. Measurement is the essence of Functional Medicine.

## My Quest for Better Health

Against this historical and architectural backdrop, I arrived to join Dr. Hugh in July 1989. Selfishly, my primary motive was to get healthier! I came from a long family history of diabetes. I was overweight, tired, and often depressed. Having been an extremely busy family doctor, I was thoroughly sleep-deprived and severely addicted to caffeinated diet pop. Like so many patients that I have seen over these years, I did not know how *truly sick* I was!

Fortunately, in my early days at Riordan, I became friends with Jack Challem, a medical nutrition reporter. Jack was a co-author of *Syndrome X*, a book about the consequences of prediabetes, which is now more commonly referred to as Metabolic Syndrome. Jack and I went on to co-write a book: *Stop Prediabetes Now*. As we worked on this book together, it became eminently clear to me that, ironically, I was thoroughly prediabetic myself.

My fasting blood sugar was typically running in the 105-112 range at that time, which predicted that I was moving headlong into type 2 diabetes. Technically speaking, a type 2 diabetes diagnosis isn’t given until one’s fasting blood sugar hits 126 mg/dl or higher. By then, it is often too late to reverse the process. Once diagnosed with type 2 diabetes, a person is already entrenched in *Metabolic Syndrome*. At this time, terrible consequences of this treacherous illness begin to surface, and modern medicine has little to do but heavily medicate symptoms.

## DEFINING METABOLIC SYNDROME

Metabolic Syndrome centers around five, early-warning risk factors:

1. Increased blood pressure greater than 130/85 mm Hg or taking blood pressure medication.
2. High blood sugar levels due to insulin resistance or taking diabetes medication.
3. Excess fat around the waist measuring > 102 cm for men, and > 88 cm for women.
4. A high triglyceride level measuring > 150 mg/dl.
5. A low level of HDL measuring < 40 mg/dl in men, and < 50 mg/dl in women

Keep in mind that even just one of these factors increases your risk of future chronic illness. Having three or more of these factors determines a diagnosis of Metabolic Syndrome, carrying with it an alarming rise in future complications.

## THE COMPLICATIONS OF METABOLIC SYNDROME

As your metabolic system silently and progressively deteriorates, there is an ever-increasing likelihood of developing the following severe diseases: obesity, heart disease, diabetes, stroke, dementia, peripheral artery disease, cancer, autoimmune disorders, and nonalcoholic fatty liver disease. In time, eye damage (retinopathy),

nerve damage (neuropathy), kidney disease (possibly requiring dialysis), and the amputation of limbs may result.

Strikingly, **these disease states now constitute 75% of total U.S. health care cost expenditures!**

The American health care system is seriously floundering because of the dramatic growth of this many-headed dragon: Metabolic Syndrome.

### A LIFESTYLE ILLNESS

Doctors use the numerical thresholds of Metabolic Syndrome listed above to determine when to initiate pharmacologic interventions. Drugs can improve Metabolic Syndrome numbers and may serve to reduce the risk of future illness somewhat. Unfortunately, taking a drug often serves as a “medical excuse” to perpetuate the very lifestyle behaviors that give rise to and exacerbate these risk factors.

I had to come to grips with my own adverse behavioral patterns. These did not make me a bad person, but they did compel me to be a more responsible person. Through the years of utilizing my own Metabolic Scoring system, I began to wake up and recognize my own “lifestyle illness.”

## Treating the Symptom, Not the Cause

In a busy medical practice, it may be easier to treat Metabolic Syndrome risk factor numbers with medication alone. However, under the tutelage of Dr. Riordan, I learned that it is far wiser (although more challenging) to address the seven elements of a healthier lifestyle that I listed earlier.

Risk factor management is grossly undervalued in the actual practice of medicine. It often goes ignored because of two beliefs commonly held by medical providers:

1. Only drugs can change the numbers and reduce the risks.
2. Patients are incapable of changing their cherished (but dangerous) lifestyle habits.

Granted, changing the medical drug paradigm will be a slow evolutionary process. Though difficult, changing your personal “health care paradigm” can take place much faster...*IF* you have the proper motivation.

## Using Numbers to Motivate Change

The real problem with lifestyle change is that it happens in such sloooooow motion! It is happening to you as you read this article right now, and you are probably not aware of it. As humans, we want to do something, and then expect to see a result immediately.

Lifestyle change is more like gardening: patiently till the soil, plant the seed, water, hoe, weed, and wait - and wait - and wait.

Finally, sprouts appear!



Our efforts to turn the Titanic-like ship of Metabolic Syndrome around also happens in the same slow way. We must grow our garden of new lifestyle habits gradually. It takes incredible patience and a strong will. Hence, the need for a tracking system. As humans, we like reliable information. It informs us and motivates us over the long haul. Metabolic Scoring is that tracking system.

Every 6-12 months, we will track a comprehensive profile of Metabolic Syndrome risk factors. **We are tracking numerical changes to help you maintain motivation.**

### TRACK YOUR NUMBERS REGULARLY

Our medical care system is characterized by three modes of care:

**Acute:** sudden illness, trauma, immediate need for medical attention

**Chronic:** the illness has become chronic and requires recurrent visits to manage it

**Episodic:** routine visits to our provider to prevent illness

Episodic care can also go by another, more familiar name: wellness! Wellness means staying well. Do not wait to get sick. Intervene daily to prevent illness.

Metabolic Syndrome is very sneaky: it comes on so slowly that its victim is almost always caught by surprise. Prevention relies on a metabolic-wellness tracking system involving episodic medical care that *QUANTIFIES* the nearly imperceptible progression of this disease syndrome.





# Calculating your Metabolic Score

Metabolic scoring is the method we have implemented to track and prevent the progression of Metabolic Syndrome and other complications. Calculation of the metabolic score is based on subjective data about symptoms and severity gathered from the patient, and a comprehensive record of objective measurements such as weight, blood pressure, waist circumference, and lab results, etc. (See below for all of the details) The goal is to continually maintain (if you are already in good health) or improve your score at each visit.

## Objective Measurements

Resting Pulse	Waist Circumference
Systolic Blood Pressure	Diastolic Blood Pressure
Fasting Blood Sugar	Fasting Triglycerides
Fasting HDL	Fasting Triglycerides/HDL
Fasting Insulin	Reverse T3
Ferritin	Vitamin D3
C-Reactive Protein	Fasting Glucose
HOMA	Uric Acid
Alkaline Phosphate	ALT + GGT
LDH (Hypoglycemia)	Grip Strength
VO2 Max	BMI (Body Mass Index)
% Body Fat (Impedance)	Visceral Fat Rating
Metabolic Age	Muscle Mass

## Subjective Symptoms

Mid to late afternoon fatigue	Headaches
Puffy ankles	Trouble losing weight
Numbness in hands or feet	Shaky when hungry
Snoring at night	Heartburn (or on meds)
Sweets, carbs, snack cravings	Meals tend to be starchy
Dieting	Often feeling too warm
Often having cold hands	Energy crashes

To effectively prevent Metabolic Syndrome, you must first become aware of your risk factors and then track their progression over time. Annual Metabolic Scoring and episodic medical care will increase your awareness, your motivation, and your ongoing success. By implementing better lifestyle choices and adopting a model of selfcare, you can successfully stave off the slow, but dire consequences of Metabolic Syndrome. Metabolic Scoring has made a huge difference in my life. Now I hope it can be the key difference in yours.

Serving you in Wichita, Hays and Overland Park, Kansas • [riordanclinic.org/check-your-health](http://riordanclinic.org/check-your-health)



All Supplements  
25% OFF

Select Lab Profiles  
35% OFF



SAVE THE DATE  
**CHECK  
YOUR  
HEALTH**  
Sept 14 - 18



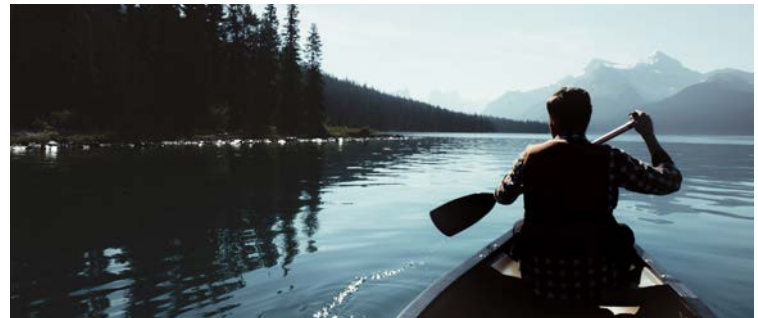
# Introducing, Our Brand New **Discovery Program**

A more flexible and affordable way to become a patient at Riordan Clinic

For more than a year, we have been enrolling potential patients into our Essential and Advanced New Patient Programs. After speaking with many co-learners, we saw a need to create a new entry point that was focused on sustaining wellness and targeting patient-specific needs through the lab profile. Thus, the Discovery Program was born.

The Discovery Program is for people who want to maintain excellent health and make proactive decisions before illness arises. The program is also appropriate for people seeking natural, less invasive solutions for health concerns that have already developed.

The Discovery Program enables more people to pursue the path toward “Real Health.” It offers more flexibility with laboratory testing and special pricing for the first lab profile as a new patient.



## What is included in the Discovery Program?

The Discovery Program includes an initial visit, and one follow up appointment with a medical provider.

During your initial visit, your doctor will talk with you to learn what your long term health goals are. Together, you will review your health history, any diagnosis information that you have received, and look at your health from a whole-person mindset.

You will discuss how lifestyle changes, proper nutrition, and daily supplementation will help you reach your long term goals. IV and clinic services may also be suggested as part of your ongoing wellness plan. In addition, the Riordan Clinic offers a wide variety of educational resources that are at your full disposal. **This yields a highly customized holistic treatment plan that will put you on the path to better and sustained health.**



## What makes the Discovery Program different?

The discovery program offers more flexibility in lab testing than our Essential and Advanced programs. Instead of the full Real Health Discovery lab panel that is part of our other programs, your provider may recommend a smaller lab panel that aligns with your specific wellness goals. New patients receive special pricing on their first panel.

## What is the cost of the Discovery Program?

The Discovery Program cost is \$600, plus the cost of the lab profile(s).

After meeting with your doctor and discussing your individual health needs, additional labs, clinic therapies or services, and supplements may be recommended and are an additional cost to the program.



## Contact the Editor

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



Leah Chischilly  
MS, L.Ac.  
Editor



## Who can benefit from the Discovery Program?

If you want direction on implementing a more holistic lifestyle, maintaining wellness, preventing disease, or addressing a current illness or diagnosis then you will benefit from the Discovery Program. Here are a few examples of concerns appropriate for the Discovery Program:

Anxiety and Depression	Mental Health and Wellness	Inflammation
Thyroid or Hormone Disorders	Asthma	Insomnia or Sleeping Issues
Environmental and Seasonal Allergies	Autoimmune Disorders	Infertility and Pre-Conception
Pre-Diabetes or Diabetes	Heart Health	Strengthened Immune System
Breast or Prostate Health	Vision and Eye Health	Psoriasis and Skin Issues
Methylation	Establishing a Baseline of Wellness	Optimal Aging
Weight Loss	And more...	

*\*Complicated or chronic cases may need to utilize the Essential or Advanced Program for best results.*

We are happy to help you schedule your first appointment and answer any questions that you might have. Our New Patient Coordinator will help you decide which program will best prepare you for success, and determine if you are a good candidate for the Discovery Program.

**Take the first step toward better health.  
Schedule your appointment today!**

800-447-7276 | [information@riordanclinic.org](mailto:information@riordanclinic.org)

## Connect with Us



[facebook.com/riordanclinic](https://facebook.com/riordanclinic)



[instagram.com/riordanclinic](https://instagram.com/riordanclinic)



[youtube.com/user/healthhunter1](https://youtube.com/user/healthhunter1)



[riordanclinic.org](https://riordanclinic.org)



## Health Hunters Newsletter

Join our mailing list to  
receive this monthly  
newsletter FREE.

To sign up, go to  
[riordanclinic.org](https://riordanclinic.org) or email us  
at [information@riordanclinic.org](mailto:information@riordanclinic.org)



# Is Medically Supervised Weight Loss Right For You?

A poll conducted in 2018 estimated that one-half of all adults in the United States are on a diet at any given point during the year. Not only that, but the Diet Industry is a 70 Billion dollar plus industry that has seen a steady increase year after year.

There's a reason the industry continues to grow and that people are endlessly looking to try the next best thing. It's because the "solutions" being offered simply don't work. Or, if they do work, it's only for a short period of time.

So there you, the consumer, sit, frustrated because the "experts" you are looking to for answers all have differing opinions, discouraged because you can't seem to stick to any diet, and yes, still overweight. So, what do you do? You can decide to do nothing at all and face the health repercussions later, or you can seek out support in the form of medically supervised weight loss.

## Not your average weight loss program

Many people view medically supervised programs as an expensive and highly restrictive form of weight loss, but that isn't the case. When you factor in the cost of all the diet books, pills, shakes, and bars you have likely purchased trying to do it yourself, the return on investment for a medical weight loss program is far greater.



The Riordan Clinic approach goes beyond "calories in and calories out." It's not about restricting your diet. It's about teaching you how and what to eat to meet your individual needs.

---

**IT'S NOT ABOUT RESTRICTING  
YOUR DIET. IT'S ABOUT  
TEACHING YOU HOW AND  
WHAT TO EAT TO MEET YOUR  
INDIVIDUAL NEEDS.**

---

Our programs combine traditional strategies along with data collected through lab testing. We help you implement lifestyle changes, and provide regular check-ins to keep you on track. Our programs also give you access to experts in Naturopathic and Integrative Medicine.

## Riordan Clinic offers three different programs



### LIFESTYLE RX

Our Lifestyle Rx Weight Loss Program utilizes medical supervision and check-ins, lab testing, and a prescription for safe and effective appetite suppression. It also incorporates a holistic lifestyle plan that includes healthy eating, supplements, and physical movement.

This approach provides a more comprehensive and long-term solution to make significant, and lasting, changes to your health and weight





### LIFESTYLE 180

Our Lifestyle 180 Program is for you if you want to learn more about using Food as Medicine and desire to create sustainable life changes for long term health. That may mean a complete “180” from where you are now.

Or, you may find yourself here because you are tired of searching the internet only to find conflicting advice. You will get solid answers from real experts in Nutritional Medicine.



### HCG RX

The prescription HCG Rx+ Weight Loss Intervention is a program that offers many advantages, including the loss of problematic visceral fat at an expedited pace. Additionally, the combination of prescription HCG and a very low-calorie diet (VLCD) helps to reset your hypothalamus, the area of the brain that controls hunger and satiation, leading to a greater opportunity for long-term success.

Our HCG Rx+ program uses prescription HCG and includes lab testing, supplements, and multiple visits with one of our providers to guide you through the program.



Whether you want to lose a little around the middle, or need to make significant changes to your weight, we want to help. **To learn more about our medically supervised weight loss programs, give us a call at: 1-800-447-7276**



## COVID Antibodies Test (SARS-CoV-2 IgG Assay)

**NOW AVAILABLE AT ALL THREE RIORDAN CLINIC LOCATIONS**

This test measures antibodies that are generated as part of the adaptive immune response to the virus. An antibody is a protein produced by the body's immune system when it detects harmful substances, including viruses, to help fight off infection. Presence of the COVID antibodies indicates that you may have been previously infected with the virus.

TEST  
COST **\$79**



OPEN TO  
THE PUBLIC



FOR  
ALL AGES



THIS IS A  
BLOOD TEST

**Call 800 - 447 - 7276 x 1385 to schedule your test**

For more information, go to [riordanclinic.org/lab\\_tests/covid-antibodies-test](https://riordanclinic.org/lab_tests/covid-antibodies-test)



NOTE: This test **WILL NOT** detect **active** COVID-19 virus cells. If you believe you may have been infected with the COVID-19 virus, please call your primary healthcare provider or your local health department to obtain access to the appropriate test or services.