



Riordan
Clinic

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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."

Bridging the Gap in Cancer Care



AUTHOR

Lucas Tims, ND, FABNO

Every day in America, nearly five thousand people hear the words, "You have cancer." That phrase conjures up a whirlwind of emotions—fear, anxiety, confusion, and hopelessness, to name a few. Once the initial shock wears off, patients are left trying to figure out how they are going to treat their cancer. Typically, the standard of care involves surgery, radiation, or chemotherapy or some combination of those therapies depending on the type of cancer and stage.

These treatments can be life-saving in some, albeit few, circumstances but often fall short. Many patients are left with long term toxicities and side effects. Perhaps the most significant shortcoming of standard cancer care is that the sole focus is on treating cancer rather than strengthening and supporting the human that has cancer.

Here at Riordan Clinic, our approach to cancer treatment is one that complements the traditional standard of care with greater emphasis on supporting the human. This article outlines some of the ways we accomplish this.

IVC

At the backbone of all of our cancer support protocols is intravenous vitamin C (IVC). Why IVC? In addition to its ability to selectively kill cancer cells, IVC has a wide range of other benefits for cancer patients. It decreases inflammation, refuels the immune system, and may even help turn cancer stem cells back into healthy cells. The research behind IVC as an adjunctive cancer therapy is impressive. It has been studied in cases alongside chemotherapy and radiation, showing strong evidence for both safety and synergistic effects.

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Have you ever wondered what you can do to help a friend diagnosed with Cancer?

Jenny Bradley can offer you some insight. Jenny is a Co-learner and advocate for holistic cancer care. She is also a cancer "Thrivor."

Jenny has been living with Cancer for more than 2.5 years and has documented her journey on her Instagram account @shrinkthemutant, and website shrinkthemutant.com. A question often posed by her followers is, "how do I help my friend who has cancer?" To help answer this question, Jenny created several resources that equip and empower others to confidently support friends who have Cancer or other chronic diseases.

Here are some of her words of wisdom:

Whether you live in proximity or not to your pal, you can be a blessing. You don't have to do something big; LITTLE things can have a BIG IMPACT.

1. The key is to **BE SPECIFIC** and make a **SUGGESTION** of a tangible **TASK** you can commit to completing.
2. Offer to do the task on a **SPECIFIC DAY(s)**
3. Suggest a **SPECIFIC** time
4. **ASK** if that idea works for your friend

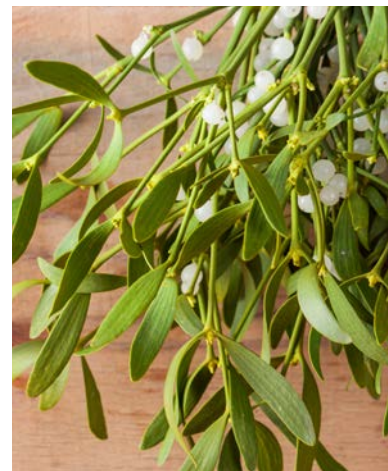
This is just a small sample of what she is sharing in a guide she created for people helping friends during a chronic disease like Cancer. Her guide is designed to take the guesswork out of helping friends during a potentially difficult time by providing specific resources and action steps.

No more worrying if you are saying the wrong thing or wondering if what you are doing is beneficial.

To learn more about Jenny and the guides she created visit shrinkthemutantschool.com

Strengthening the Immune System with Mistletoe Therapy

The immune system is the missing link when it comes to cancer. We all have cancer cells in our bodies every day. Read that again. Scary, I know! The difference is that in a person with a properly functioning immune system, those cancer cells are detected and eradicated before enough of them can congregate and form a tumor.



The key to regaining an edge on cancer is to increase the immune system's capacity to eradicate cancer cells. While many of our therapies have immune benefits, mistletoe therapy may be the gold standard. Mistletoe, typically given as a subcutaneous injection, delivers an elegant shock to the immune system by ramping up the production of natural killer cells, macrophages, and inducing low-grade fevers. Like IVC, there is an impressive amount of clinical research behind mistletoe. It is another safe and effective treatment to be used alongside conventional therapies and is an approved treatment for cancer patients in many countries around the world.

Other treatments

We offer several other cutting-edge therapies at Riordan Clinic to help support cancer patients. These include Ozone, Ultraviolet Blood Irradiation, Chelation, and metabolic treatments such as fasting protocols, and repurposed drugs. With an extensive menu of integrative therapies at our disposal, we can put pressure on cancer cells from many different angles and pathways while simultaneously working to rebuild human function.



Customized Clinical Care

Most of our cancer patients come to us already equipped with a lot of their own research, and many have implemented special diets and nutraceuticals. Unfortunately, without proper guidance, patients often miss the mark on what they need

during different phases of their treatment and healing journey. For this reason, we spend a lot of time working with the patient to organize their diet and supplement regimen. This enables us to address key nutrient deficiencies and target the factors that are driving their particular type of cancer.

Our standpoint at Riordan Clinic is that cancer requires an "all hands on deck" approach. All too often, cancer patients are told that the traditional standard of care is their only option. That simply is not the case. Integrative therapies are a valuable complement to traditional cancer care and can be incorporated at almost any time during treatment.

Keep Smiling: My Cancer Story



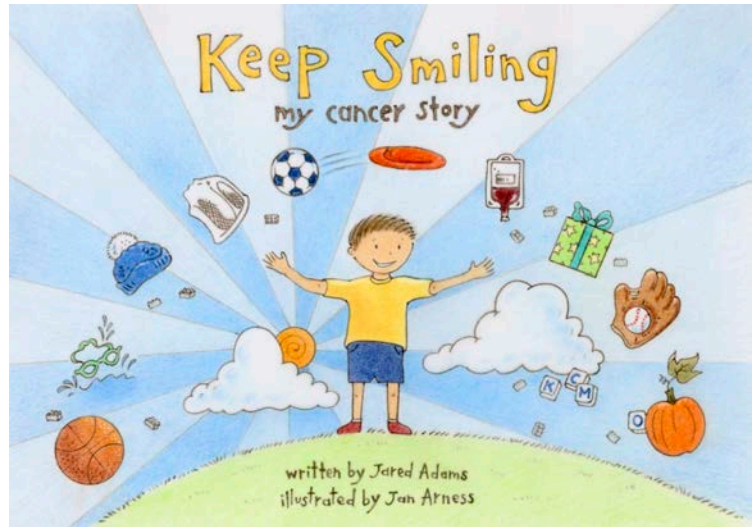
Meet Jared Adams, a remarkable 22-year-old who, after his own experience with cancer, was inspired to write a children's book. Keep Smiling: My Cancer Story. He was kind enough to share his experience with us.

Midway through my freshman semester of college, I started having a lazy-eye issue with my left eye. A few months later, I began having trouble with my balance. Soon after that, I had multiple problems with dizziness and I noticed I could not hear as well in my left ear. During that time, I was working over 70 hours a week at my local pool. I was the head coach of the swim team, a manager of the outdoor pool, a swimming lessons instructor, and I was pursuing my Red Cross Lifeguard Training certification. Thinking I might have an issue like an ear infection, my mom took me to see an Ear Nose and Throat doctor. A trip to the Ear, Nose, and Throat doctor determined that the hearing capacity of my left ear was significantly damaged. The doctor ordered an MRI, and the scan revealed a brain tumor that was confirmed to be malignant.

First, I saw an oncologist from the adult world, who recommended that I get treatment from a children's hospital. So at 19 years old, I began my cancer treatment at a children's hospital. The surgery was as successful as I could have hoped. The diagnosis showed I had a Medulloblastoma tumor in the back left side of my brain, which caused vision, balance, and hearing issues. At first, I could not walk, so I rode in a wheelchair and then wore a gait belt until I could walk safely. After surgery, my eyes were worse than before, so I wore an eye-patch for a month while I worked on retraining them. I also permanently lost 100% of the hearing in my left ear, and the strength and coordination in my left hand and arm were damaged.

During radiation and chemo, I received Vitamin C IV's three times a week. They greatly improved my energy levels every time I got one, which was usually Monday, Tuesday, and Thursday. Before my Monday treatments, I always felt more tired due to having gone over three days without one. In addition to the energy bump, they kept my immune system as healthy and strong as possible during radiation and chemo. While less frequent, I still receive Vitamin C IV's to support my immune system and help prevent cancer cells from growing.

I do have some lasting physical side effects from my cancer treatments, including left-side weakness in my hand, arm, and leg. My balance is off at times, and I have permanent deafness in my left ear. The chemo caused neuropathy in my feet, and I also experience some cognitive issues involving slower processing speeds and decision-making skills. I can also be easily distracted.



Before my diagnosis, I sought a career in marketing or finance. Upon returning to school, I changed my major to Elementary Education. After two years of classes, I decided to take a break from college and not to pursue a career in teaching. Processing and adapting to new information combined with some physical sensitivities didn't make teaching impossible, but it did make it difficult enough for me to seek other career options that were a better fit for my new speed.

Despite some struggles and changes, I did go back to school, and I earned all A's. Without my Children's Literature class, I would not have written *Keep Smiling*, a book based on my experience with brain cancer. I wrote it to encourage children and families going through difficult times in life to continue to make happy memories. I also hope to help children who are not going through medical hardships to understand what their friends or classmates might be facing. All of the proceeds from this book go to the Victory Project KC, a foundation that supports local children going through cancer by creating positive experiences and raising funds.

Now I am 22, my scans have looked good so far, and I am gaining strength back day by day. Getting my wisdom teeth out felt so easy after going through cancer treatment! I have taken up my old hobby of disc golf and have played over 1000 holes this year alone. I made friends with other brain tumor survivors, and found new passions for word games, organization, serving others, and gift-giving. I am still taking care of my whole body by receiving Vitamin C IV's, attempting to eat a healthy diet, staying physically active, and keeping mentally active.

Jared's book *Keep Smiling: My Cancer Story* can be purchased on Amazon. [amazon.com/dp/B08DYGFBL4](https://www.amazon.com/dp/B08DYGFBL4)
Be sure to follow us on Facebook and Instagram for your chance to win one of four signed copies of Jared's book.

IV Vitamin C for Cancer



The pharmacologic doses of vitamin C (ascorbic acid) have shown significant anticancer effects in animal models and tissue culture investigations including cytotoxic effects in certain cancer cell lines. Clinical studies have shown that intravenous and oral doses of vitamin C may improve symptoms and prolong survival in terminal cancer patients.

Intravenous vitamin C (IVC) is a adjunctive cancer therapy, widely used in naturopathic and integrative oncology settings. During this treatment, ascorbic acid enters your body through a small tube inserted into a vein in your arm or through a port. There are several potential benefits to giving IVC to cancer patients that make it an ideal adjunctive care choice:

- Cancer patients are often depleted of vitamin C, and IVC provides an efficient means of restoring tissue reserves.
- IVC has been shown to improve quality of life in cancer patients by a variety of metrics.
- IVC reduces inflammation (as measured by C-reactive protein levels) and reduces the production of pro-inflammatory cytokines.
- At high concentrations, ascorbate is preferentially toxic to tumor cells but not normal cells and is the tumor blood vessels' formation inhibitor.

Here is some information to consider before choosing Intravenous Vitamin C.

- 1** Though the literature and clinical studies do suggest IVC has a good safety profile and potentially important anti-tumor activity as an adjunctive therapy in the treatment of cancer, it is not considered a "stand alone" therapy. It is one component of multi-faceted comprehensive care that must include dietary, nutritional, and lifestyle changes that support wellness.
- 2** IVC can be used with traditional cancer treatments such as surgery, chemotherapy, and radiation.
- 3** IVC is conditional on lab work that allows for initial and ongoing IVC. Adequate G6PD levels, renal, liver, and bone marrow function are required. Baseline imaging should be

CLINICAL STUDIES HAVE SHOWN THAT INTRAVENOUS AND ORAL DOSES OF VITAMIN C MAY IMPROVE SYMPTOMS AND PROLONG SURVIVAL IN TERMINAL CANCER PATIENTS.

completed before starting IVC. We require ongoing active monitoring by an oncologist concurrent with IVC therapy.

- 4** The decision that a patient is appropriate to start IVC is made by Riordan medical providers after review of their lab results and review of the patient health history.
- 5** Treatment is to be continuous with infusions of IVC two to three times per week. Continuous and more frequent treatments with IVC, without lapses in treatment, are shown by our studies, to increase effectiveness of the IVC in suppression of tumor growth.
- 6** Infusion time requirements and financial requirements need to be carefully assessed prior to beginning treatment to assess whether you are able to continue with treatment in order to benefit from treatment.
- 7** IVC is typically continued until there is an improvement of patient conditions (stabilization of patient tumor or no detection of cancer for a 12 month period of time). At that point treatments are tapered, with decreasing frequency of IVC treatments. Infusions are continued until the decision is made by the patient and provider that IVC is no longer indicated.



The research articles related to IVC and cancer which may be helpful to read and to share with your medical support team can be found on our website: riordanclinic.org.

Watch a video on IVC and Cancer Care, created by the Riordan Clinic and our chief medical officer, Dr. Ron Hunninghake: https://youtu.be/u90_Lh8yWZs



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Thank you for reading.



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Dr. Tims on the *Chris Beat Cancer* Podcast

Dr. Lucas Tims recently sat down with Chris Wark of Chris Beat Cancer. In this podcast interview, they discuss the pros and cons of traditional cancer treatment, natural approaches to cancer, and integrating natural and conventional medicine to give the patient the best care possible.

Dr. Tims also discusses the mechanisms and benefits of IV

vitamin C for cancer care and explains other therapies such as mistletoe and ozone.



Here are just a few of many highlights:

"We're still actually learning new mechanisms of action from IV vitamin C. It's great. The old justification, from a mechanistic standpoint, was that if you reach a certain millimolar concentration of Vitamin C in the blood (which you can only do intravenously, you can't do orally), then you get this rapid generation of hydrogen peroxide in the bloodstream, which, again, acts almost like selective chemotherapy towards cancer cells."

"I think you could always make a case for using mistletoe with active cancer. There are lots of these immunotherapy drugs that are out now. But mistletoe was kind of the old school immune therapy. And it just increases the immune system's capacity to deal with cancer on its own."

"Anytime you have disease, you have a lack of oxygen. Ozone is a super oxygenator. It oxygenates tissues. If you can get it into the right tissue where there's a lack of oxygen, you can change that whole landscape."

"The nice thing about IV vitamin C is it's a little more agnostic ... Yes, it has specific mechanisms that help to block cancer cell growth and rehab those cancer stem cells. But it's almost like it's an extinguisher for any sort of fire in the body, too."

"Stress comes up a ton. Of course, a lot of talk with diet. But sometimes there's more talk about emotional toxicities – loss of loved ones, grieving, and things that weren't worked through on that side of things as well. There's even literature on this. There's a high probability that within 18 months of a cancer diagnosis, there was some sort of emotional or physical trauma that happened. That's part of my initial interview with my patients, trying to understand that piece of it too."

You can catch the full video interview on our website at riordanclinic.org/video-gallery or our Youtube channel under "Riordan Clinic in the Media."

Cancer Go Book

"Carry a notebook with you to write everything down."

That was the first advice that Melissa received after hearing those life-changing words, "Your husband has cancer."

Over the next several months she realized that the overwhelming amount of information they received was difficult to organize and reference quickly as she was helping to make critical decisions in Scott's care.

Balancing the schedule of appointments, a growing list of questions, notes about treatments and side effects, and what felt like a million other details - left Melissa (and Scott!) feeling exhausted and ill-prepared.

"I kept forgetting all of the questions that we wanted to ask."

What are the side effects of treatment? What were those test results? What were they last time? What do we need to do between now and our next appointment? What do we need to take to all of our appointments?



Unfortunately, after a two-year journey, Scott lost his battle with cancer. Melissa was left with time to reflect on their lives and the experiences they had together. She became determined to help other families and care providers find a better way to gather and use the information that they were presented.

Melissa recognized that having a central place, in a clearly organized format, would not only relieve stress off of those making critical care decisions but it would allow them the time to focus on what is most important. Health. Healing. Hope.

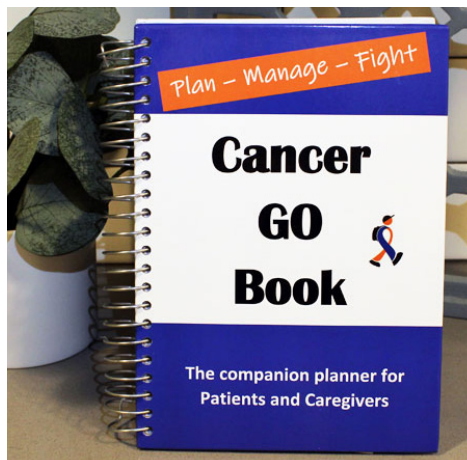
Her vision is to see cancer patients and caregivers spend more time doing what they want, and less time searching for what they need.

Out of this desire to honor Scott and help other families, Melissa created the *Cancer Go Book*® as the companion planner for patients and caregivers.

The Cancer Go Book® is a compact, spiral-bound journal to keep track of:

- | | | |
|---------------------------|-------------------|----------------------------|
| • Cancer Care | • Side Effects | • Resources and |
| • Supplements and | • Appointments | Contact Information |
| Prescriptions | • Calendar | • Lists to help live life! |
| • Treatment and Therapies | • Food/Diet Needs | • And more |

Melissa is generously offering a discount for Riordan Clinic and Health Hunters readers. Visit canceroutfitters.com and enter code **"GoBook"** at checkout to receive **\$10 off and free shipping within the United States.**



Congratulations to Dr. Lucas Tims

for being selected as an honoree for the **Excellence in Healthcare Series for Cancer Care by the Wichita Business Journal** August 2020

Since the early 1990's, the Riordan Clinic has been a pioneer in the world of cancer care - using a nontoxic, bionutritional adjunctive approach to treating the whole patient.

- Nutrient Therapy
- Intravenous Vitamin C
- Mistletoe
- Ozone Therapy
- Nutrient Testing
- Heavy Metal Detox

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