



Riordan  
Clinic

# Health Hunters

November  
2021

Vol. 35  
No. 10



## Inside this Issue

Are processed foods making you diabetic?	1-3
Dangers of Glyphosate	4-5
Black Friday Sale	5
Where's My Broccoli Subsidy?	6
Turkey & Quinoa Bowl	7
Latest Episodes from the Real Health Podcast	8



Riordan Clinic is a not-for-profit 501(c)(3), nutrition-based health facility with locations in Wichita, Overland Park, and Hays, KS. The clinic was co-founded by Olive 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."

## Are processed foods making you diabetic?



### AUTHOR

*Laura Vasquez, MSN, APRN, NP-C*

Highly processed foods such as chips, crackers, cereal, condiments, lunch meats, frozen and fast foods continue to permeate our lives. They are lurking in your pantry, refrigerator, and school cafeterias. Today processed foods comprise 75% of the grocery store shelves. Processed foods have become part of Americans' daily diet decisions and Americans are choosing these foods at an alarming rate over natural, whole foods. Most people have become accustomed to eating a diet full of heavily processed foods with very few foods in their natural state. These foods are affordable, convenient, strongly flavored, competitively advertised, and lucrative for large corporations in the food industry.

According to the United States Department of Agriculture (USDA), processed food is defined as any raw agricultural commodity that has been subject to washing, cleaning, milling, cutting, chopping, heating, pasteurizing, blanching, cooking, canning, freezing, drying, dehydrating, mixing, packaging or other procedures that alter the food from its natural state. This may include the addition of other ingredients to the food, such as preservatives, flavors, nutrients, and other food additives or substances approved for use in food products, such as salt, sugars, and fats.

By definition, this would categorize a large majority of consumers' food choices as falling under the processed food umbrella. It is no secret that with the advent of processed foods, people have consumed more calories, chemicals, and less nutrient-dense foods in the last several decades.

The effects of these artificial foods have negatively impacted overall health in multiple ways. The consumption of these foods can be linked to increasing chronic diseases such as obesity, cancer, cardiovascular disease, hypertension, dyslipidemia, and diabetes.



**IN 2018, 34.2 MILLION AMERICANS (JUST OVER 1 IN 10) HAD A DIAGNOSIS OF DIABETES.**

*Continued on page 2*

The Journal of the American Medical Association published an observational prospective study in 2019 in which 104,707 participants who were an average of 47 years old tracked and recorded their foods for a 10 year period in order to analyze the association between ultra-processed foods and the risk of developing type 2 diabetes. Ultra-processed foods are foods such as soda, frozen meals, cakes, fast foods, hot dogs, and many others. The conclusion of the study showed that the absolute amount of ultra-processed food consumption (grams per day) was consistently correlated with type two diabetes risks even after adjusting for unprocessed or minimally processed food intake as well.



## Why would processed foods make you a metabolic mess?

These foods are often higher on the glycemic index. The glycemic index is a scale that ranks carbohydrates on a scale of 0-100 according to how much your blood sugar will rise after consuming. The higher number on the scale then the larger the blood sugar spike. The human body was not equipped to process large amounts of glucose day after day and processed foods are often devoid of fiber. Fiber helps to slow the blood glucose spike by allowing our body to digest slower as it processes the fiber. Let's look closer at the relationship between glucose and insulin.



There are many feedback systems in the body in order to maintain homeostasis (a state of balance). The relationship between glucose and insulin is one of these important feedback systems. Glucose is the preferred fuel source for our cells providing our brain, liver, muscles, and all metabolic functions with enough energy to perform minute to massive tasks each day. Once glucose levels begin to rise insulin is released from our pancreatic cells to transport the glucose molecules out of the bloodstream and into cells where they are used for metabolic needs.

2

However, when glucose levels continue to remain high in our blood stream due to the overconsumption of large meals of

elevated amounts of sugars and fats from processed foods; insulin begins to have a hard time keeping up. The pancreas is not able to keep up with the demand for insulin. The supply and demand are skewed which leads to insulin resistance. Insulin resistance results from the inability of the cells to uptake glucose quickly and use it effectively. This excess glucose is turned into stored fat. Excessive insulin also stimulates appetite and weight gain leading to a vicious cycle of eating, storing, burning out, and weight gain. When this delicate balance is disrupted there is marked metabolic dysfunction in the body which can consequently and eventually result in a diagnosis of Type 2 diabetes.

Diabetes is the inability to regulate blood glucose levels. Elevated glucose in the bloodstream causes inflammation and destruction in the body, especially to the vascular endothelium. Diabetes is closely associated with heart disease, hypertension, renal failure, retinopathy, and a host of secondary diseases from uncontrolled glucose levels.

The Centers for Disease Control released the National Diabetes Statistics Report 2020. In 2018, 34.2 million Americans (just over 1 in 10) have a diagnosis of diabetes. Approximately 1 in 3 or 88 million have prediabetes based on hemoglobin A1C (3 month blood glucose average) or fasting glucose levels. Of those people diagnosed with diabetes, 89.0% were overweight or had obesity, defined as a body mass index (BMI) of 25 kg/m<sup>2</sup> or higher. As the population continues to consume processed foods at a staggering rate, the incidence of obesity and diabetes continues to rise. There are no coincidences only correlations when you make the connections.

## Tips for avoiding processed foods and reducing your risk for Type 2 diabetes

**CONSUME FOODS IN THEIR NATURAL STATE.**

**SHOP ON THE PERIMETER OF THE GROCERY STORE**

Avoid the inside aisles.

**READ LABELS!**

Choose foods that are minimally processed with only 1-2 added ingredients.

**REDUCE FREQUENCY OF EATING OUT**

Or choose dishes with whole foods such as salads, broth-based soups and protein with vegetables with the sauce on the side.





### MAKE YOUR OWN SALAD DRESSINGS

Use spices and herbs for seasoning instead of bottled marinades.

### PACK YOUR CHILDREN'S LUNCHES

Keep it fun with a variety of finger foods such as fruit, sprouted grain bread with avocado spread, nut butters, hard boiled eggs, flaxseed muffin bites, homemade dips with cut up veggies.



### MAINTAIN A HEALTHY BODY WEIGHT

Through daily activity and healthy portion sizes consisting primarily of whole foods. The plate should have 50% vegetables combined with a moderate amount of protein and healthy fats.

### LIMIT REFINED GRAINS.

Choose sprouted grains, sweet potatoes and other complex carbohydrates from fruits and vegetables for your carbohydrate intake each day.

### INTERMITTENT FASTING

Helps eliminate excess fat, reduce inflammation, and control hormones affecting appetite.

### CARVE OUT TIME TO COOK AND MEAL PREP EACH WEEK.

Although processed foods have become pervasive in our society, equipping consumers with the knowledge to make informed, nutritional decisions can prevent a wide range of metabolic destruction and prevent many chronic diseases. Type 2 diabetes can be prevented with careful consideration and choosing whole, natural foods instead of processed, packaged, and prepared foods. Simpler is better when it comes to nutrition. Cooking can be fun and enjoyable with family and friends. Nothing is more important than how you fuel your body and in turn prevent disease. Take back your kitchen and take back your health!

### REFERENCES:

Centers for Disease Control and Prevention. (2020, February, 11th).

National Diabetes Statistics Report, 2020. Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html>

Srour B, Fezeu LK, Kesse-Guyot E, et al. Ultraprocessed Food Consumption and Risk of Type 2 Diabetes Among Participants of the NutriNet-Santé Prospective Cohort. JAMA Intern Med. 2020;180(2):283-291. doi:10.1001/jamainternmed.2019.5942

## DOCTOR CALL TIMES

Laura Vasquez, MSN, APRN, NP-C will be doing 30 minute conference calls for potential patients beginning December 1st. Calls will be weekly on Wednesdays at 12:30pm CST

**Call 1-646-558-8656\* and enter meeting ID: 979 119 910**

## Chromium Picolinate

Chromium is a trace mineral that plays an important role in fat and lipid metabolism, enzyme activation, glucose support, and carbohydrate utilization. Chromium picolinate is a highly utilizable form of chromium, promoting healthy glucose and lipid metabolism

Available in the Riordan Clinic Nutrient Store  
[store.riordanclinic.org](http://store.riordanclinic.org)



# Dangers of Glyphosate



**AUTHOR**

*Ron Hunninghake, MD*

Glyphosate, more commonly known as Roundup, is used by many people and farmers as a tool to kill weeds around their lawns and crops. It was initially found useful to control broadleaf weeds and grasses in 1970 by Monsanto scientist, John Franz.

Monsanto began to market glyphosate as Roundup in 1974 and since that date it has become the most widely used herbicide in the United States. Since it is so widely available, Monsanto began engineering genetically modified crops and other plants affected by the weed killer. It works very similarly to an amino acid called glycine, which is in most of our proteins, and it will substitute itself into an enzyme pathway called the Shikimate Pathway. This pathway is the reason it only affects broadleaf green plants and not the crops it is used to “protect.”



Concern starts with crops having been modified to resist glyphosate, while the bacteria in humans has not been. When glyphosate is used on crops like corn, soy, wheat, and oats, it leaves a residue that consumers then ingest. Once ingested, it will start to change the composition of your gut bacteria. This change can lead to leaky gut, irritable bowel syndrome, and some autoimmune disorders.

While not every farmer uses a weed killer like glyphosate, it has been found that a high number of cereals, oatmeal, and oat-based snacks contain glyphosate levels that surpass the Environmental Working Group’s (EWG) health benchmark (160 parts per billion). The foods part of the study came from brands like Quaker Oats, Kellogg Cereal, and Nature Valley.<sup>1</sup>



There has also been cause for concern in glyphosate’s role in many Non-Hodgkin’s Lymphoma diagnoses. In 2018 Monsanto paid out more than 289 Million USD

in a lawsuit with a school groundskeeper, Dewayne Johnson.<sup>2</sup> This is not the only lawsuit Monsanto has faced, as there are over tens of thousands of filed lawsuits on record regarding glyphosate’s probability as being a human carcinogen and Monsanto’s efforts to cover up the risks over the years.<sup>3</sup>

Cases like the ones mentioned previously have led me as a practitioner to look very closely at my patient’s glyphosate levels. Many times, especially with cancer, the labs show these levels are way higher than we would like to see them. So we as co-learners must take the steps needed to address these issues.

The first step is to become aware of glyphosate, your levels, and where it can reside in your foods. These foods can be crops like corn, wheat, oats, and soy. Glyphosate can also show up in the meats you consume (grain fed beef, farm raised fish and chicken). There is a saying that states “You are what you eat ATE,” meaning if you consume meat be aware of what the animal was fed. Taking the time to read labels and make sure you are buying organic can make a huge difference when it comes to future health concerns and peace of mind.

**If you do find that you have high glyphosate levels, you can implement a few things in your day-to-day life that can help you detox.**



## **USE GLYCINE CRYSTALS IN PLACE OF SUGAR.**

Glycine is an amino acid that has a calming effect while also being sweet like sugar. If used it, will push out the glyphosate and help rebuild our gut flora.

**PARTICIPATE IN AN IN DEPTH LIVER DETOXIFICATION ONE TO TWO TIMES A YEAR WITH THE ASSISTANCE OF YOUR MEDICAL PROVIDER.**

## IMPLEMENT INTERMITTENT FASTING INTO YOUR EVERYDAY PRACTICES.

While most people intermittently fast for 10-12 hours while they are sleeping, by extending that fasting period to 14-16 hours and only consuming calories during that 8 to 10 hour time frame, you will naturally trigger the body's ability to detox.

Intermittent fasting will also allow your insulin to work to burn fat rather than store it. This implementation is an excellent way to lose weight, feel better, have more energy, and increase brain function.



## SWEAT IT OUT

When you exercise or use a sauna, you give your body reason to push out trapped toxins.

The final word here is that we do not live in a perfect world, toxins are everywhere. They lurk in your fridge, under your sink, in your garage, and your garden. But, by increasing your awareness of what these toxins are and what safer alternatives are available, you are already moving in the right direction. Through better choices, better education, and a better sense of self-care, we can all live longer, healthier lives.

## REFERENCES

1. Formuzis, Alex. Roundup for Breakfast, Part 2: In New Tests, Weed Killer Found in All Kids' Cereals Sampled. 24 October 2018. <https://www.ewg.org/news-insights/news-release/roundup-breakfast-part-2-new-tests-weed-killer-found-all-kids-cereals>.
2. Pulse, Sustainable. A Short History of Glyphosate. 2021. <https://thenaturalfarmer.org/article/a-short-history-of-glyphosate>.
3. Gillam, Carey. Monsanto Roundup & Dicamba Trial Tracker. 25 October 2021. <https://usrtk.org/monsanto-roundup-trial-tracker-index>.

WICHITA • HAYS • OVERLAND PARK

# Black Friday Sale

## 20% off ALL Supplements

1-800-447-7276 EXT. 1464

STORE.RIORDANCLINIC.ORG

*No Code Needed*



ONLINE ONLY  
**NOV  
26-29**



ONLINE, IN-STORE  
AND BY PHONE  
**NOV 29**



# Where's My Broccoli Subsidy?



**AUTHOR**

*Ron Hunninghake, MD*

Rarely an issue of Health Hunters goes by without an article praising the profound health benefits of vegetables and fruits. Broccoli is just one of many plant-based foods loaded with phytonutrients that are exquisitely beneficial to our health and well-being.

Contrast that with our discussions of corn, soy, and wheat. Grown as GMO crops, these otherwise whole foods typically get refined down to low fiber processed foods and are ultimately sold (with high quantities of sugar added) in the form of breakfast cereals, snack bars, white bread, cookies, and many other unwholesome treats. Well, you know the rest of this SAD story: the Standard American Diet is clearly linked to diabetes, obesity, cancer, leaky gut, autoimmune disease, and increased susceptibility to infection.

Granted, vegetables and fruits can be sprayed and mistreated in many ways as well, but despite these issues, their highly colorful phytonutrients contribute significantly to maintenance of good health.



So why in the world are these healthy foods NOT subsidized by the US government?! Corn, soy, and wheat have been subsidized to the tune of \$134 billion over the last decade. With the precipitous rise in health care spending, wouldn't you think Congress would shift more government support to these healthy "specialty" foods?

After some careful internet searching, I did find out that the 2014 iteration of the farm bill did allow a total expenditure of \$4 billion for specialty crops, in various ways: school lunches, nutrition assistance programs, export enhancements, and select grants. Ironically, most of the specialty vegetable and fruit growers wouldn't have it any other way. Why?!

In simple terms, once you accept government money, you also sign up for more government oversight and potential interference. Also, because of its incredible variety, specialty crop farming doesn't lend itself to evenhanded regulation. These farmers prefer independence and flexibility over government-regulated conformity.<sup>1</sup>

Notably, commodity farmers (primarily corn, soy, and wheat) can now plant up to 15% of their acreage to vegetables and fruits – something new added to the farm bill and not allowed in the past. With the growing interest in "farm-to-table" produce, these farmers could have greater local-market availability.

## **CORN, SOY, AND WHEAT HAVE BEEN SUBSIDIZED TO THE TUNE OF \$134 BILLION OVER THE LAST DECADE.**



Still, however, America is left with an antiquated system that requires all taxpayers to spend billions to underwrite grain-based, highly refined, overly sprayed commodity foods that make 78% of us "sick, fat, diabetic, and depressed." Don't forget that dreaded statistic: 1 out of 2 of us will get cancer in our lifetime.

...unless you "subsidize" your own health with broccoli!

1. Farm bill: Why don't taxpayers subsidize the foods that are better for us? - The Washington Post  
[https://www.washingtonpost.com/lifestyle/food/farm-bill-why-dont-taxpayers-subsidize-the-foods-that-are-better-for-us/2014/02/14/d7642a3c-9434-11e3-84e1-27626c5ef5fb\\_story.html](https://www.washingtonpost.com/lifestyle/food/farm-bill-why-dont-taxpayers-subsidize-the-foods-that-are-better-for-us/2014/02/14/d7642a3c-9434-11e3-84e1-27626c5ef5fb_story.html)



## Turkey & Quinoa Bowl

### INGREDIENTS

2 tbsp. olive oil  
1 lb. ground turkey  
1 red onion, diced  
2 garlic cloves, minced  
1 can chopped tomatoes  
1 tsp. dried oregano  
2/3 cup quinoa  
4 cups baby spinach  
1/3 cup low-fat feta, crumbled  
2 tbsp. balsamic vinegar  
1 avocado, diced

### DIRECTIONS

1. Heat a tablespoon of olive oil to medium heat in a pan. Pan-fry turkey, onion and garlic for 5 minutes.
2. Stir in the chopped tomatoes and dried oregano.
3. Bring to a boil. Stir in the quinoa. Reduce heat and simmer for 15 minutes.
4. Serve on a bed of baby spinach, dressed with balsamic vinegar and olive oil. Top with diced avocado and crumbled feta cheese

## Contact the Editor

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



**Kimberly Romig**  
Editor

To become a patient at Riordan Clinic, call 800-447-7276



## Connect with Us



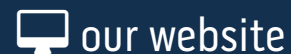
facebook.com/riordanclinic



instagram.com/riordanclinic



youtube.com/user/healthhunter1



our website  
riordanclinic.org

## CM Core (Berberine)

CM Core, a formula backed by extensive clinical research, is designed to address several factors for optimal cardiometabolic health.



Available in the Riordan Clinic Nutrient Store  
[store.riordanclinic.org](http://store.riordanclinic.org)

## Health Hunters Newsletter

Join our mailing list to have the Health Hunters delivered to your inbox each month for FREE.

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



All Riordan Clinic locations will be closed November 25th and 26th for Thanksgiving.





# Real Health Podcast

*Brought to you by the Riordan Clinic*



The Latest Information and Top Experts  
in Functional and Integrative Medicine

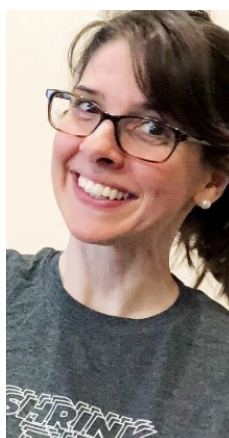
## LATEST EPISODES



### EPISODE 19 TROUBLE WITH GLYPHOSATE

*Ron Hunninghake, MD*

In this episode, Dr. Ron and Kim Romig talk about new safety concerns around glyphosate, AKA Roundup. Glyphosate is a weed killer used as house hold item as well as a staple product with many farmers, but may be causing some major issues when it comes to your health.



### EPISODE 18 PATIENT PERSPECTIVE: JENNY BRADLEY AND DR. LUCAS TIMS

*Lucas Tims, ND, FABNO*

In this episode, patient, Jenny Bradley sits down with Dr. Lucas and asks some of the hard hitting questions when it comes to cancer. Jenny is the founder of Shrink the Mutant School where she teaches courses for cancer patients and their friends.



### EPISODE 17 BUSTING BREAST CANCER

*Ron Hunninghake, MD*

*Laura Vasquez, MSN, APRN, NP-C*

Dr. Ron sits down with Laura Vasquez to discuss some of the myths around breast cancer and ways to prevent it naturally. They talk about the book Busting Breast Cancer by Susan Wadia-Ells and the research that has been done on prevention.



### EPISODE 16 MEET LAURA VASQUEZ, MSN, APRN, NP-C

*Laura Vasquez, MSN, APRN, NP-C*

Leah Chischilly talks with Laura Vasquez who is a nurse practitioner specializing in integrative oncology and complex chronic illness. Laura is the newest member of the Riordan Clinic medical team and is a wealth of knowledge of both traditional and integrative medicine.

## Listen Now at [RealHealthPodcast.org](https://RealHealthPodcast.org)

