



Riordan
Clinic

Health Hunters

March
2022

Vol. 36
No. 3



Inside this Issue

Chemicals Lurking in Your
Cabinet's, Makeup & Cleaning
Supplies

1-3

The Fatburn Fix

3-4

A Nourishing Nutrition
Mindset

4-5

Kale Salad with Apples
and Cheddar Recipe

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. Our mission is to serve communities by promoting health through integrative care, education, and research to inspire hope and healing.

CHEMICALS LURKING IN YOUR CABINET'S, MAKEUP & CLEANING SUPPLIES



AUTHOR

Laura Vasquez, MSN, APRN, NP-C

"A Who's Who of pesticides is therefore of concern to us all. If we are going to live so intimately with these chemicals eating and drinking them, taking them into the very marrow of our bones - we had better know something about their nature and their power."

-Rachel Carson from the book *Silent Spring*.

Our modern-day world is full of advertisements for new products from cleaning to cosmetics that stock the store shelves and find their way into our shopping carts and cabinets. Most of these products promise to make our lives easier through convenience. Companies design and market these products touting they will make your dishes shine more, help your laundry smell fresher than before, and reverse your aging while enhancing your skin's glow. The flashy advertisements, bright, colorful packaging, and catchy jingles capture our attention and entice consumers to buy and try these products. From dishwasher detergent to body lotion, these products are often made with synthetic chemicals that are TOXIC and harmful to your health.

In 1976, the Toxic Substance Control Act (TSCA) granted the United States Environmental Protection Agency the authority to create a regulatory framework and collect data on industrial chemicals. However, the act does not adequately protect the public against consumer products. The TSCA does not monitor substances used in cosmetic formulas that are exempt from regulations. Companies are not mandated by federal law to report certain ingredients on the product's label. The Consumer Product Safety Commission found that the average home



has over 150 chemicals linked to cancer, birth defects, psychological abnormalities, and allergies. Beware that some cleaners have been labeled "green or natural." However in 2010, an environmental consulting firm, TerraChoice, found that 95% of products making these claims had at least one toxic compound in the ingredients. These chemical names are often long and difficult to pronounce, but their presence is insidious in our modern-day homes. They can be linked to neurocognitive decline, hormone imbalances, allergies, and liver and kidney damage. Many of these chemicals are potentially carcinogenic, especially when combined.

Continued on pages 2 & 3

Below are some of the chemicals linked to toxicity that are commonly found under our kitchen cabinets, laundry room shelves, and in our bathrooms.

- **Phthalates** are commonly found in fragrances, air fresheners, plastic wrap, dish soap, and toilet paper. Laws govern that labels do not need to include phthalates, making this chemical harder to detect. However, this chemical has been implicated in hormone disruption and lowered sperm count in men.
- **Perchloroethylene** 'Perc' is found in dry-cleaning solutions and spot removers (carpet and upholstery). The EPA has classified this compound as a possible carcinogen.
- **Triclosan** is used in antibacterial products such as dish soap and even certain brands of cutting boards as an antibacterial agent. The FDA has removed this offending agent from some antibacterial soaps, but it is still found in many products.
- **2-Butoxyethanol** is a petrochemical solvent found in oven cleaners and glass cleaners. The vapors from this chemical have been implicated in causing respiratory irritation, liver, and kidney damage.
- **Perfluorinated Compounds (PFCs)** are often found in nonstick coatings such as pans, pots, fast food wrappers, and the inside of popcorn bags. These can cause endocrine disruption and reproductive problems.
- **Bisphenol (BPA)** is found in plastic food and beverage containers and canned foods. These are hormone disruptors contributing to thyroid and reproductive dysfunction, obesity, heart disease, and elevated cancer risks.

Now that we have discussed some of the chemicals lurking in your home, what is the next step to ensure you create a healthy, non-toxic living environment? First, become educated by learning the names and brands which may not be environmentally friendly. A great resource is the Environmental Working Group (EWG). EWG's website and Healthy Living App combines Skin Deep, Food Scores, and the Guide to Healthy Living Cleaners with more than 120,000 food and personal care product ratings. Second, eliminate any toxic cleaners or beauty products by using the EWG app to confirm ingredients while cleaning out your cabinets. Third, make a plan to go Green by choosing one area of your home to tackle at a time. For example, perhaps you choose to get rid of toxic cookware, focus on greener cleaning products, or make your own. It's a process of education and preparation, but the long-term health benefits outweigh the risks. Here are some health-conscious brands and ideas for creating a space that is clean and free of toxic substances.

Natural Cleaning Product Brands

- Branch Basics
- Common Good
- Thrive Market
- Grove Collaborative
- PUR Home
- Puracy
- ECOS

You can also make your own cleaning products. Alternatives to commercial cleaning ingredients include baking soda, vinegar, lemon, and Borax. There are many recipes to creating your own cleaning products. For example, Good Housekeeping shared a recipe for a scented all-purpose cleaner.

ALL-PURPOSE CLEANER RECIPE

Ingredients

- One part white vinegar
- Rosemary sprigs
- One part water
- Lemon rind

Combine all ingredients into a glass spray bottle, shake, and let infuse for one week before using. You can use the scented all-purpose cleaner on all surfaces except granite.

Clean and Non-toxic Personal Care Products

- **Biossance** is 100% vegan and verified by EWG as clean skincare.
- The **Activist Skincare** brand is eco-friendly, using only botanical ingredients.
- **Apoterra** is a non-toxic brand using plants for its ingredients.
- **True Botanicals** is certified organic and free of fillers and chemicals.
- **Beautycounter** is a non-toxic makeup and skincare line. These products are free from over 1,500 chemicals used in traditional makeup brands.
- **100% PURE** only uses plants, vegetables, tea, and fruits to pigment their makeup and skincare lines.
- **Honest Beauty** has a variety of products, from diapers to foundations. They have banned nearly 3,000 chemicals from their line, and are eco-friendly and organic.



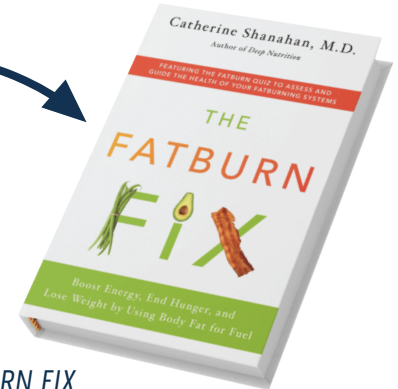
THE FATBURN FIX

BY CATHERINE SHANAHAN, MD



AUTHOR

Dr. Ron Hunninghake, MD



Additional Ideas for a Non-toxic Environment

- Add plants to your home to detoxify the air, and bonus, they look beautiful! Some of the best purifying plants are English Ivy or Devils Ivy, Spider Plant, Boston Fern, Chrysanthemums, and Aloe Vera.
- Use glass food containers instead of plastic and buy foods that are in glass containers versus plastic when possible.
- Cook in ceramic, cast iron, or stainless steel pots and pans.
- My personal favorite drinking water filtration brand is Berkey. The Berkey filtration system is a countertop, stainless steel barrel that uses a carbon filter to remove 99.999% of viruses, bacteria, heavy metals, pesticides, and other chemicals. It also comes in a variety of sizes.
- If you want to ensure all the water in your home is reduced of contaminants, not just your drinking water, then opt for a whole home water filtration system. A reputable brand is Aquasana.

We are exposed to toxic chemicals daily through our drinking water, cookware, cleaning, or personal care products without even realizing the impact and repercussions. A little exposure over time can cause significant damage to our health and environment. Since our government has failed to take the appropriate steps to protect consumers, we must be our own advocates by choosing greener, more sustainable, and non-toxic products. Thankfully there are many eco-conscious brands available today. Every day we have a chance to make a better choice for our health and environment.

REFERENCES

1. "Cleaning Supplies: Secret Ingredients, Hidden Hazards." *Environmental Working Group*, https://www.ewg.org/guides/cleaners/content/weak_regulation/.
2. H.A. Boyter, "Toxic Substances Control Act." *Environmental Aspects of Textile Dyeing*, 2007, <https://www.sciencedirect.com/topics/engineering/toxic-substances-control-act>.
3. Newman, Janet. "12 hidden toxins you may not know are in your kitchen." *Mediafeed*, 23 May 2018, <https://mediafeed.org/12-hidden-toxins-you-may-not-know-are-in-your-kitchen/>.
4. Smith McDonough. "8 Homemade Cleaners That Actually Work, According to Our Cleaning Expert." *Good Housekeeping*, 18 Feb 2021, <https://www.goodhousekeeping.com/home/cleaning/tips/a24885/-make-at-home-cleaner/>.
5. Hizer, Kay. "Chemicals in the House." *Environmental Alternatives*, <http://www.environmentalalternatives.com/nontoxichome.html>.

HOVER YOUR PHONE CAMERA
OVER THE QR CODE AND
ORDER A COPY OF *THE FATBURN FIX*
(OR DOWNLOAD THE AUDIOBOOK) BY
FAMILY DOCTOR/NUTRITIONIST, CATHERINE SHANAHAN, MD.

Dr. Shanahan's book lucidly explains why 80% of the United States' population and most of the Western world are suffering from metabolic syndrome. Her key insight is that the ubiquitous use of industrially processed polyunsaturated vegetable oils significantly dysregulates the human mitochondria's ability to properly metabolize fat. This key disruption accelerates aging, causes insulin resistance, and results in a rapid increase in liver dysfunction with visceral fat accumulation. All of which serve as the devious foundation for the acceleration of ALL of the major complex chronic illnesses plaguing western society, including obesity, diabetes, hypertension, heart disease, autoimmune disorders, depression, mental illness, cognitive dysfunction, and cancer.

Obesity and Dysfunctional Fatburn

The belief that all obese people have metabolic syndrome is incorrect. Around 30% to 35% of the normal weight population already have metabolic syndrome. Similarly, being overweight does not mean you automatically have metabolic syndrome. Some overweight people are metabolically normal, usually, if they are exercising, eating whole foods free of processed vegetable oils and fructose corn oil sugars. The food and beverage industry wants you to think that metabolic syndrome is simply a lack of exercise and self-restraint. However, they know that the rampant use of processed sugars and vegetable oils INCREASES the addictive nature of processed foods. Add in lower prices and convenience, and they've got you hooked!

Bad Fat Facts

Dr. Shanahan's book reveals that over the last 20 to 25 years, since the '70s and '80s when all saturated fats were demonized, there's been a solid effort to substitute saturated animal-based fats with polyunsaturated vegetable-based oils. Of course, all the nutrition authorities said, "Hey, great! Plant-based fats, this is exactly what we need."

But the problem is that most of these oils come from seeds that have been put in ultra-high pressure presses that squeeze every last bit of oil out but at the cost of changing perfectly healthy oils into the dreaded trans fats! The big six offenders are soybean oil, canola oil, corn oil, safflower, sunflower, and cottonseed oil.

These oils are being used ubiquitously in packaged, processed foods because they are cheaper than more stable oils. But unfortunately, polyunsaturated fats are biochemically loaded with double bonds that are exquisitely vulnerable to oxidation. When they oxidize, they form hydrogenated fats, which have been shown to have significant adverse health issues. These oxidized oils go rancid and must be chemically camouflaged not to taste bad. About 70% to 80% of processed foods contain these health eroding oils. Yet, almost all packaged foods, fast foods, convenience foods, and restaurant foods use these oils because they are cheaper and generally undetectable by the average human palate. Hence, these "Frankenstein oils" single-handedly constitute a slow-motion global nutrition disaster!

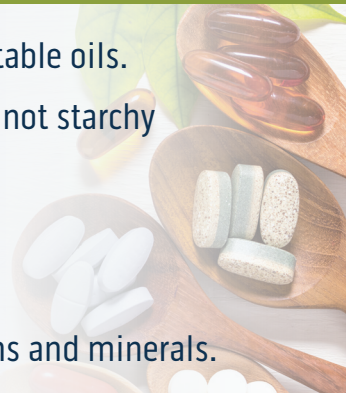


Mitochondrial Dysfunction!

Dr. Shanahan points out that our mitochondria, the cellular organelle that burns fat, cannot efficiently burn these types of fats. Their metabolic efficiency drops by a whopping 80%. This is why metabolic syndrome is characterized primarily by the symptom of chronic fatigue. These fats make you tired. Ironically, the best fats are saturated fats. Dr. Shanahan quotes a study done out of Italy where they measured the metabolic functioning of the mitochondria. They found that in addition to these fats, oxidized vegetable oil functions at a low 20% whereas saturated fats function at a normal 100%. The surprising part of that story was that monounsaturated fats improved energy production by another 20%. So you were getting a 120% utilization of energy in your mitochondria from the monounsaturated fats, such as coconut oil, avocado oil, and extra virgin olive oil. These monounsaturated fats are the fat-burn superstars. They also do not oxidize in storage and are resistant to oxygenation. You have to be careful when you go out to eat because you don't know what oils the restaurants are using. More often than not, they are going to use the cheapest oils. Unfortunately, you can't taste these oils, and they don't taste rancid. Cheap, unhealthy, and very sneaky!

DR. SHANAHAN SUGGESTS FIVE IMPORTANT RULES TO FIX YOUR MITOCHONDRIAL FAT-BURNING CAPABILITIES:

- 1) Eat natural fats, not vegetable oils.
- 2) Eat slow-digesting carbs, not starchy carbs or sweets.
- 3) Seek salt.
- 4) Drink plenty of water.
- 5) Supplement with vitamins and minerals.



Her revolutionary, step-by-step fat-burn plan is easy to follow and can be implemented in as little as two weeks. In summary, with *The Fatburn Fix*, Dr. Shanahan shows how regaining your fat-burn potential is the key to long-term weight loss and a better quality of life, with abundant energy and long-term health and happiness.

REFERENCE

1. Shanahan, M.D., Catherine. *The Fatburn Fix: Boost Energy, End Hunger, and Lose Weight by Using Body Fat for Fuel*. Flatiron Books, 2021.

A NOURISHING NUTRITION MINDSET

AUTHOR

Jenny Bradley

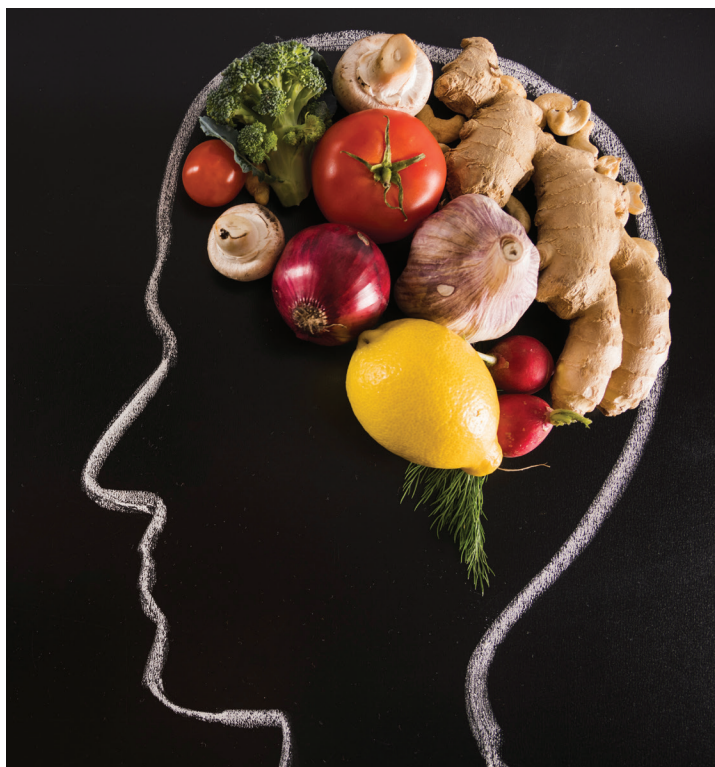


Have you ever started thinking about a luscious bright yellow lemon that's being freshly cut? Note the texture of the lemon's skin and how juice runs down the side as the knife runs through the light yellow pulp. Imagine the aroma as you bring the slice of lemon to your nose to inhale the fresh citrus fruit. Then, bring the slice to your lips and bite into the lemon, enjoying the tart juice. Did your mouth begin to salivate? The mind is a powerful thing, even when it comes to food and what we choose to eat. Your thoughts about that food induce a physiological effect in your body.



The most significant stimulants to our diet and digestion are seeing, smelling, and tasting food. Otherwise referred to as the cephalic phase of digestion. The cephalic phase triggers saliva, digestive enzymes, and an increase in heart rate, all to help your body process the incoming components of what you are about to eat or drink. Just like how our mind starts our digestive process before we touch food, our mind also informs how we perceive our relationship with food.

Many of us connected with practitioners, like those at Riordan Clinic, live with chronic illness or disease that our clinical team gives evidence-based nutritional recommendations for. Some of the recommendations are easier to apply than others. The ease of upgrading our diet can sway based on our perceptions of the foods we are told to avoid or include. Sometimes we need our minds to help us out a little more. Sometimes a reframing of terms or ideas can be helpful.



In America, we've been conditioned to think the word diet means food restriction to lose weight. What if, instead, we choose the definition to be about what we intentionally consume, focusing less on restriction and more on what we thoughtfully include that's designed to fuel our bodies for full function. We can refine our thoughts to **focus on intentional nourishing nutrition** and less about stopping our hunger cues with whatever is nearby.

Nourishing well involves making whole-food meals full of **fiber, healthy fats, sensible carbohydrates, and quality protein**. (Note: Follow the guidance of your practitioner who knows your personal case.) Choosing whole foods from the Earth that don't have additional ingredients is a great starting point when planning a meal. We can limit or omit things that may induce inflammation, such as gluten, dairy, refined sugar, high fructose corn syrup, and inflammatory oils like canola, vegetable, peanut, and corn oil. We can also avoid ingredients that contribute to our body's toxic burden, such as artificial ingredients, sweeteners, and colors.



Instead, choose options such as unsweetened coconut milk and cream, organic nut milk, hemp seed milk, organic oat or soy milk, maple syrup, honey, coconut sugar, pure avocado oil, coconut oil, ghee, and olive oil. In addition, there are all kinds of different gluten-free flours available that can be used instead of wheat flour. A quick internet search can give you those details. And don't forget about fresh herbs and spices for flavor!

Sometimes we need to experience how much better we can feel after intentionally nourishing ourselves with nutrient-dense whole-food meals. These meals support our bodies rather than instigate discomfort, digestive issues, skin irritations, joint pain, headaches, fatigue, and more.

As we learn what foods are more beneficial to our healing, we can choose them more quickly and intentionally. And just like our minds give our bodies cues when we think of cutting a juicy lemon, so too can our thoughts help us towards choosing foods that truly nourish, support, and fuel our cells.

REFERENCES

1. Brandt, Claus et al. "Food Perception Primes Hepatic ER Homeostasis via Melanocortin-Dependent Control of mTOR Activation." *Cell* vol. 175,5 (2018): 1321-1335.e20. doi:10.1016/j.cell.2018.10.015
2. Kobylewski, Sarah, and Michael F Jacobson. "Toxicology of food dyes." *International Journal of Occupational and Environmental Health* vol. 18,3 (2012): 220-46. doi:10.1179/1077352512Z.00000000034
3. Glushakova, Olena et al. "Fructose Induces the Inflammatory Molecule ICAM-1 in Endothelial Cells." *Journal of the American Society of Nephrology : JASN* vol. 19,9 (2008): 1712-20. doi:10.1681/ASN.2007121304
4. Aeberli, Isabelle et al. "Low to moderate sugar-sweetened beverage consumption impairs glucose and lipid metabolism and promotes inflammation in healthy young men: a randomized controlled trial." *The American journal of clinical nutrition* vol. 94,2 (2011): 479-85. doi:10.3945/ajcn.111.013540
5. de Lorgeril, M., Salen, P. "New insights into the health effects of dietary saturated and omega-6 and omega-3 polyunsaturated fatty acids." *BMC Med* 10, 50 (2012). <https://doi.org/10.1186/1741-7015-10-50>

Greens First®



HOVER YOUR PHONE CAMERA
OVER CODE TO LEARN MORE OR
MAKE A PURCHASE!



- Improve Digestion
- Boost the Immune System
- Assist in Weight Management
- Balance Healthy Blood Sugar Levels
- Increase Energy Levels without Stimulants
- Reduce Inflammation, Relieve Stiff & Achy Joints

Available in the Riordan Clinic Nutrient Store
store.riordanclinic.org

INFRARED THERMOGRAPHY

A non-radiation, non-contact breast,
carotid, or thyroid screening for
people of all ages.



~~\$225~~

\$195 / SCAN

ON SALE

March 1-31 at our
Hays and Wichita Locations

Select Lab Profiles up to
Call now to schedule

45% OFF

All Supplements
Discounts applied automatically

25% OFF

Infrared Thermography
Hays and Wichita only

\$195

THREE WAYS TO ORDER:



Online
store.riordanclinic.org



Over the phone
800-447-7276 X1464



In-person
Wichita, Hays, & Overland Park

VISIT ONE OF OUR THREE LOCATIONS:
WICHITA | HAYS | OVERLAND PARK

Find location and store hours at
riordanclinic.org/our-locations

For more information regarding
Check Your Health visit
riordanclinic.org/check-your-health/
TO SCHEDULE LAB APPOINTMENTS CALL
800-447-7276 X1385

TO SCHEDULE THERMOGRAPHY CALL
800-447-7276 X1367 Wichita
785-628-3215 Hays



Riordan
Clinic

CHECK YOUR HEALTH

March 7-11

Check Your Health is an opportunity to measure your individual nutritional status with one of our comprehensive blood panels and assess your overall health. Nutrient imbalances have been shown to contribute to a variety of chronic illnesses.

**Don't wait until a chronic illness develops.
Act now while information about prevention
can make a difference.**



HOVER YOUR PHONE CAMERA OVER THE CODE
TO LEARN MORE ABOUT CHECK YOUR HEALTH!

Contact the Editor

Please send any comments or suggestions to
newseditor@riordanclinic.org
Thank you for reading.



**Kimberly
Romig**
Editor

To become a patient
call 800-447-7276



Connect with Us

facebook

facebook.com/riordanclinic

instagram

instagram.com/riordanclinic

youtube

youtube.com/user/healthhunter1

our website

riordanclinic.org



Health Hunters Newsletter

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

To sign up, go to
riordanclinic.org or email us
at information@riordanclinic.org

PATIENT STORIES

Dignity, Respect & Kindness

"I am truly a believer. Thank you so much for your work but also for your kindness when treating the patient. You treat people with dignity and respect and kindness." - Terry

Treating the Whole Patient

"From treating root causes, and not just symptoms, to using food as medicine, to treating the whole patient, I believe the Riordan Clinic approach to be the most effective way to generate health." - Kase

Find the Right Experts

"It is amazing what can be accomplished when you seek out & find the right experts to work a problem." - Warren

LOOKING FOR MORE INFORMATION?

VISIT US ONLINE AT RIORDANCLINIC.ORG



Kale Salad with Apples and Cheddar!

Ingredients

4 cups very finely chopped or slivered curly kale or Russian kale (about 6 oz on the stem, or half of a 3/4-lb bunch, stemmed and washed)

2 Tbsp coarsely chopped toasted almonds

1 apple, sweet, like a Fuji, or a sweet-tart, like a Gala, Braeburn or Pink Lady, cored and cut in 1/4-inch dice

1 oz sharp Cheddar cheese, cut in 1/4-inch dice

2 Tbsp fresh lemon juice

Salt to taste

1 very small garlic clove, puréed

5 Tbsp extra virgin olive oil

2 Tbsp freshly grated Parmesan



Instructions

1. Combine the kale, almonds, apple and Cheddar in a large bowl.
2. Whisk together the lemon juice, salt, garlic, and olive oil. Add to the salad and toss well.
3. Sprinkle the Parmesan over the top and serve. Enjoy!

Real Health Podcast

Brought to you by the Riordan Clinic



The Latest Information and Top Experts
in Functional and Integrative Medicine

LATEST EPISODES



EPISODE 27 INTERMITTENT FASTING

Laura Vasquez, MSN, APRN, NP-C

In this episode, Riordan Clinic providers Dr. Ron and Laura Vasquez dive deep into the workings of intermittent fasting. They discuss what it is, how to do it, and who is safe to try it.



EPISODE 26 GUT HEALTH

Dr. Ron Hunninghake, MD

Leah Chischilly talks to Dr. Ron about the importance of gut health and how it impacts many other facets of our health and well-being.

Listen Now at RealHealthPodcast.org

LISTEN ON  Spotify

 Listen on
Apple Podcasts

 Listen on
Google Podcasts

LISTEN
ON

 STITCHER