

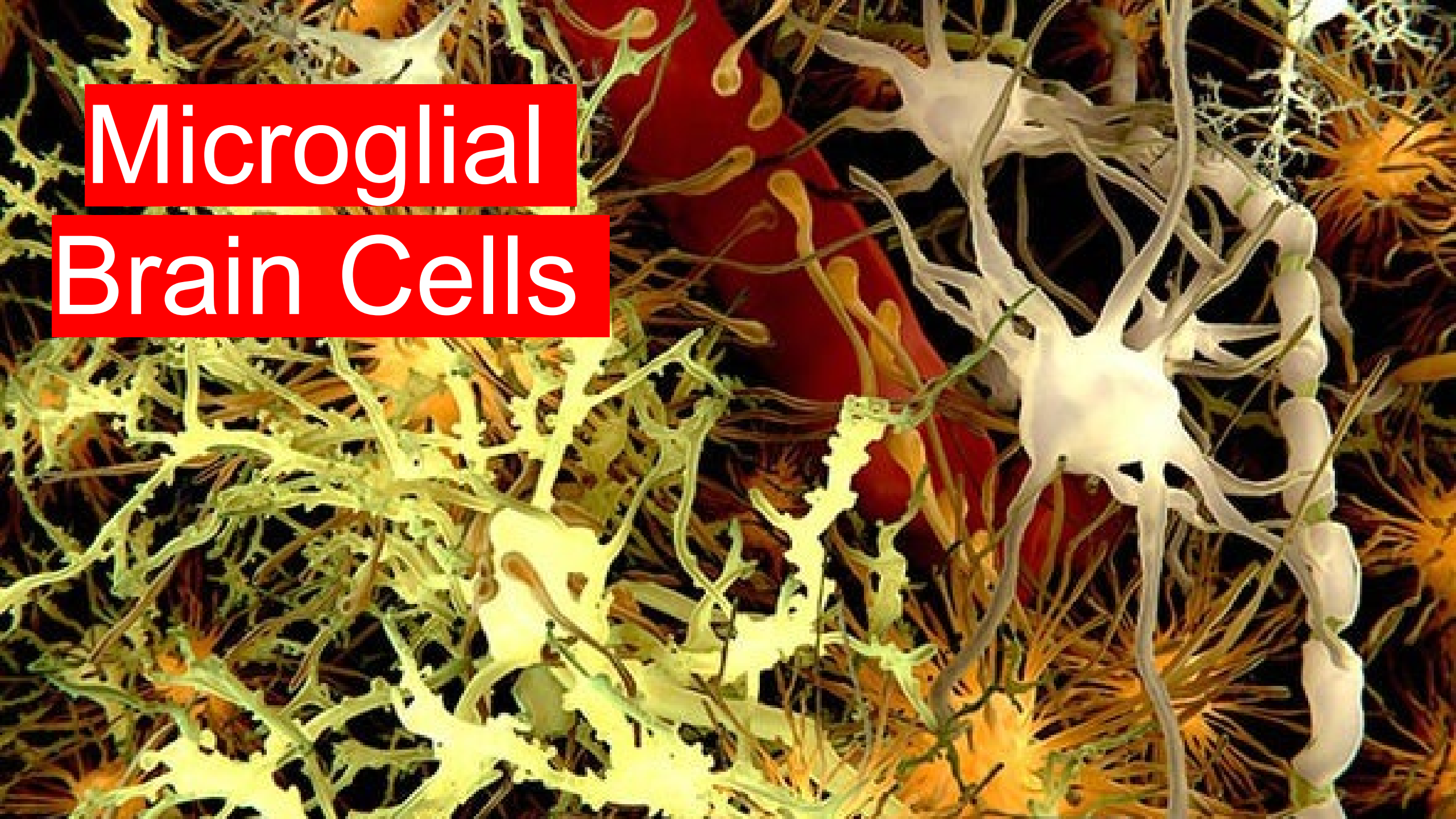
Riordan Clinic Check Your Health

www.riordanclinic.org

Welcome!

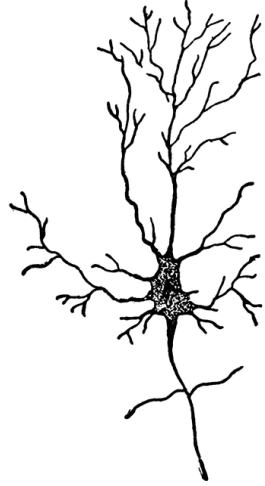


Microglial Brain Cells

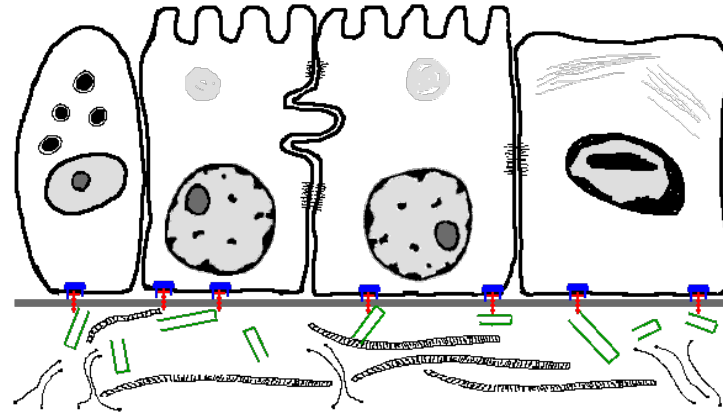




Muscle Cell

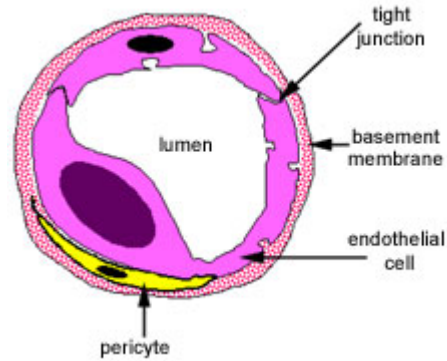


Microglial Cell

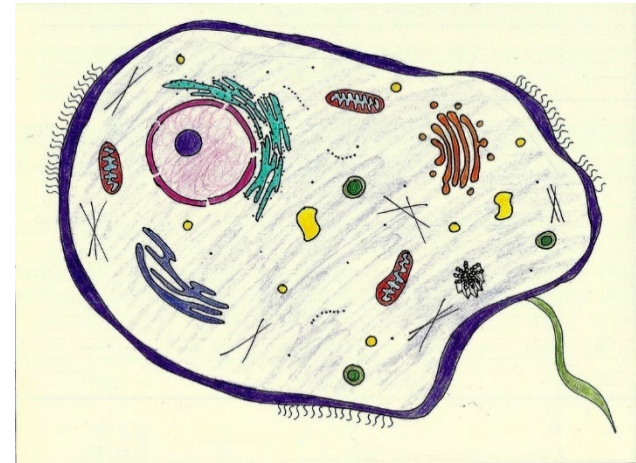


Intestinal Cells

Kidney Cell



Endothelial Cell



Microglia are...

- The *macrophages* of the brain's immune system (WBC's that "EAT" foreign invaders)
- Critical to a specialized brain process called **microglial pruning**:
 - they gobble up "old" synapses, helping to resculpt the brain by eliminating unwanted connections
- Common immune cells in your brain that can **over-react** to environmental stressors, concussions, and other life traumas as ***adverse inflammatory trigger events***
- This over-reaction can trigger **excessive brain inflammation**, **neurodegenerative disorders**, and **psychological distress** (anxiety, depression, bi-polar symptoms) and possibly brain cancers
- Now thought to offer to a **revised understanding** of mental illness, neurodegenerative disorders, (think MS or Parkinson's), cognitive decline (think Alzheimer's), and brain cancer.
- This new scientific perspective has only emerged in the last 10 years...**relatively unknown!**
- Currently the internet lists **168,000** "microglial" research articles

Microglia = immune cells in the brain

“Our Brain’s *First Responders*”



Common Triggers

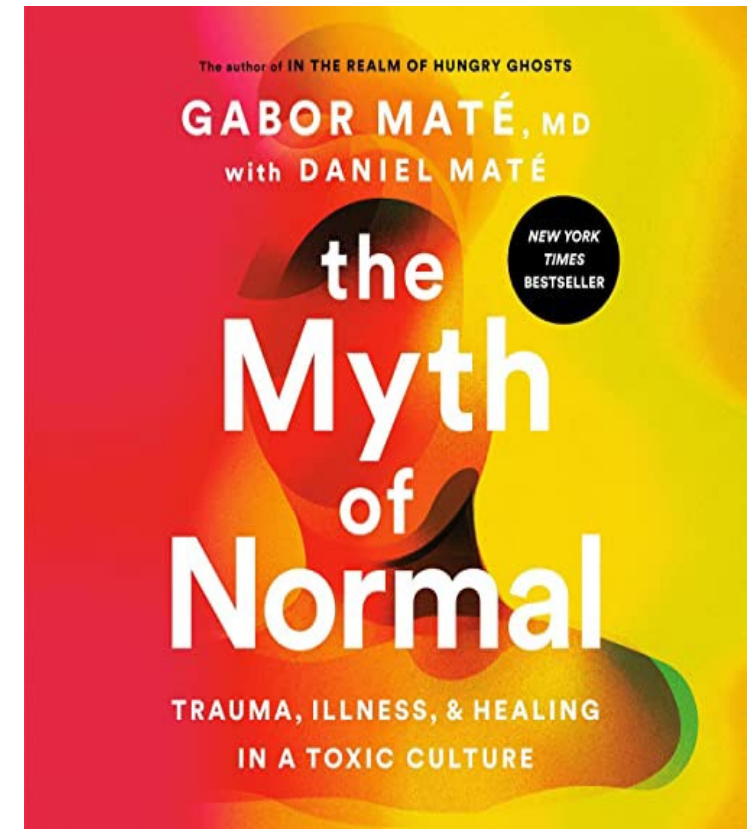
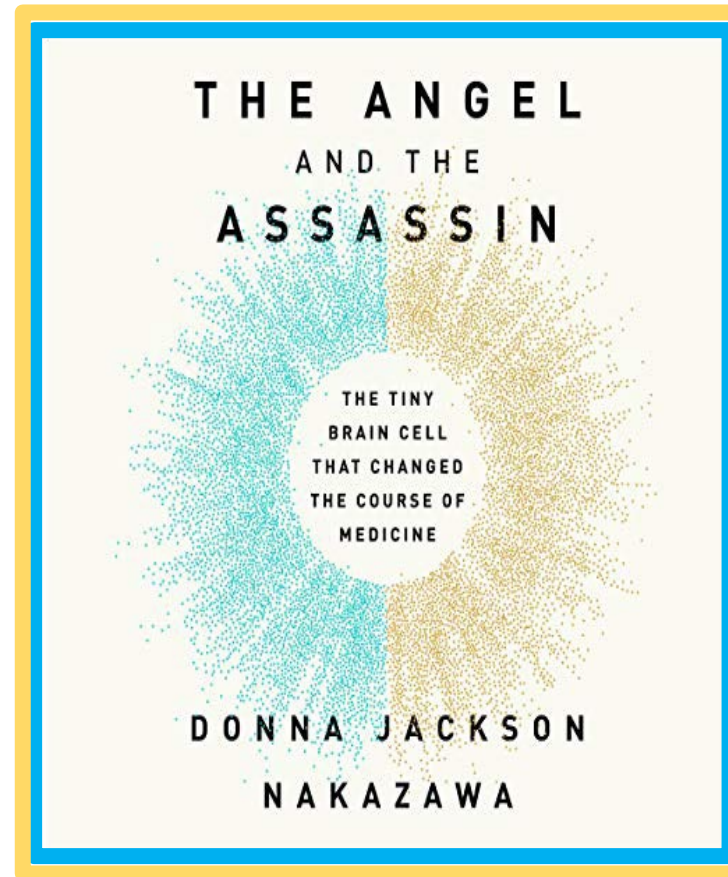
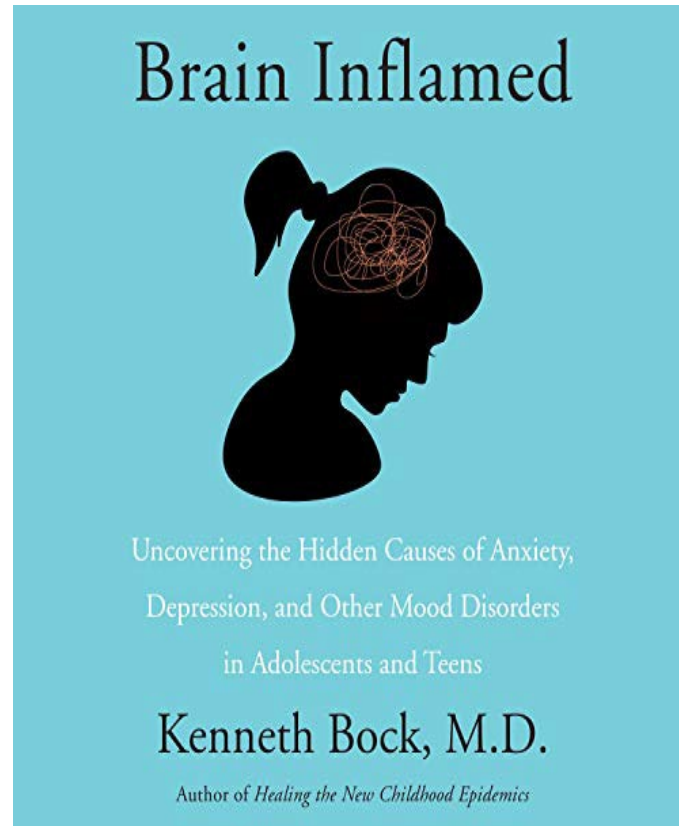
1. Infection..... Bacteria, viruses, fungi, amoeba, Lyme
2. Toxins.....Glyphosate, Drug overdoses, snake bites, etc.
3. Physical Trauma..... Concussion, extreme heat, strokes, hypoxia, seizures
4. Psycho-Social Trauma..... Threats, worries, fears, anxiety, depression, bipolar, loss
5. Deprivation of..... Sleep, nutrients, sun, fellowship, exercise, fun, play, work
6. Pseudo-nutrients.....Excess sugar, oxidized seed oils, non-whole-synthetic foods, alcohol

How Microglia Function in Your Brain



Account for 10-15% of brain cells

Books That Portray “Microglial Madness”



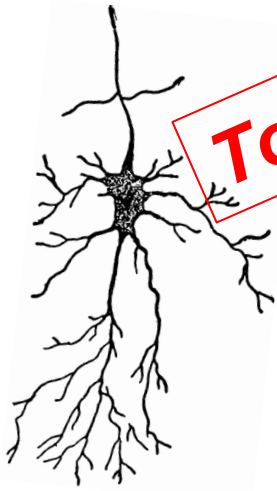
How Do Microglia Respond to a Concussion?



- Concussion! -- Our first thoughts go to military and football players:
 - Common occurrence of TBIs – Traumatic Brain Injuries
 - Cause a high incidence of CTE – Chronic Traumatic Encephalopathy
 - A single “moderate” TBI has been shown to cause inflammation to brew in the brain for years
- CTE can lead to memory loss, depression, confusion, and dementia, even many years down the road!

Five Key Points Regarding Microglial Madness

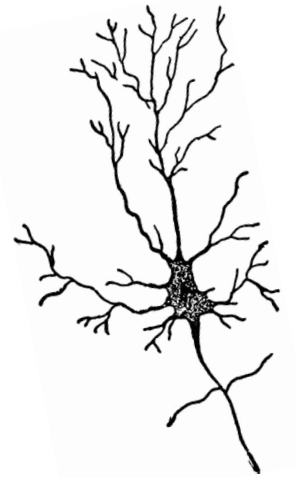
1. The “blood brain barrier” does NOT protect the brain from autoimmune dysfunction and brain inflammation.
2. Our “Second Brain” is the GUT. Inflammation in the gut is typically associated (if not causative) of inflammation in the brain.
3. Inflammation in the brain is present in MOST if not ALL “psychiatric” illness.
4. The “*abnormal neurotransmitters*” theory of mental illness is rapidly losing ground in favor of “*brain inflammation.*”
5. Microglial Madness has **broad societal implications!**



To Recap

Microglial Madness:

How Stress, Concussions, and Life Traumas Can Trigger Chronic Brain Inflammation



- Emerging science shows a link between the malfunction of a common immune cell in your brain and the rising incidence of chronic stress, concussions, and life traumas as trigger events for inflammation in your brain.
- This inflammation is too commonly misdiagnosed as strictly a mental health issue such as chronic anxiety and/or depression, when in fact, it is bio-psycho-social in origin.
- Over time, if left untreated, it can progress to more severe brain diseases such as Parkinson's, dementia, and possibly cancer.

Real Health

Discovering and Correcting
The Real Causes
of Chronic Illness



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Conquer Microglia Madness...

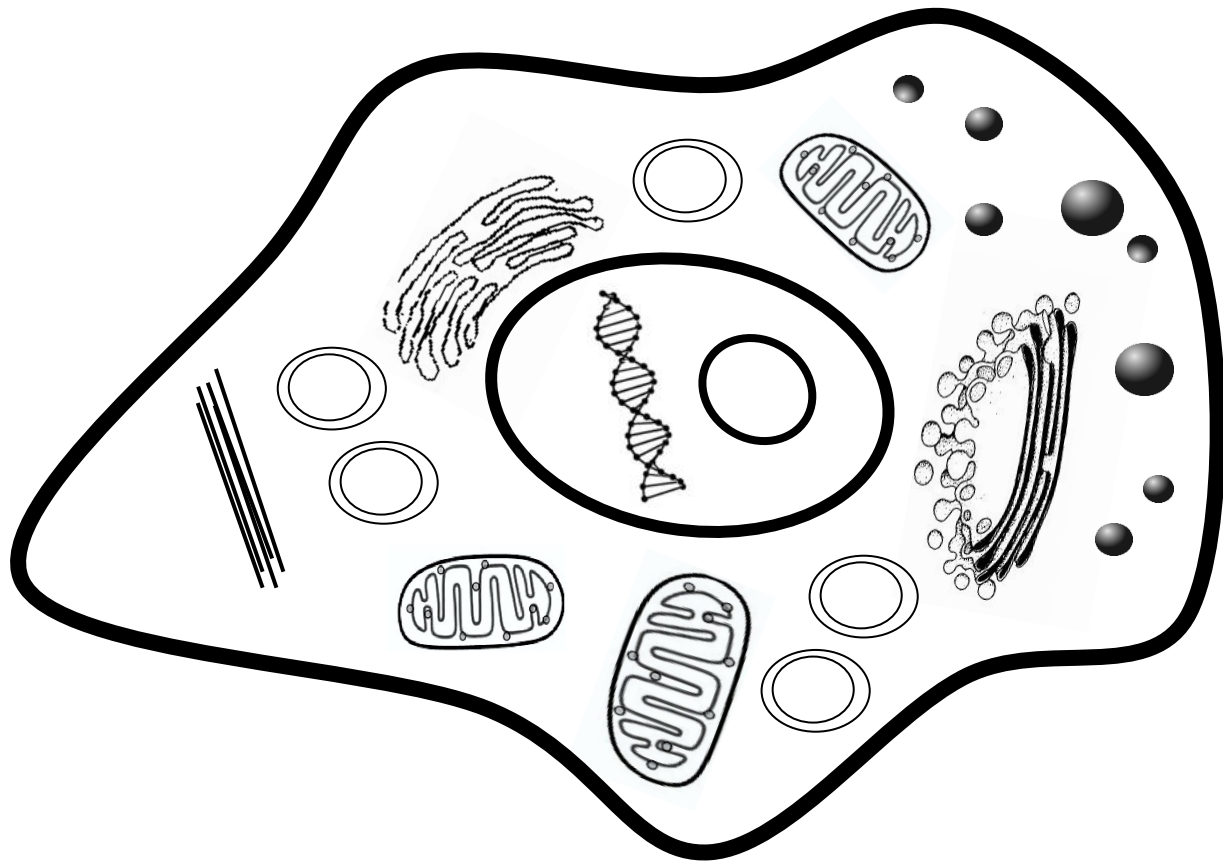
...with *Whole Life Healing*

- Strive for Good “Connectivity”
- Stress & Trauma Repair
- Sleep Optimization
- Exercise Regularity
- Food as Medicine
- Detoxification Strategies
- Targeted Supplementation
- Nutrigenomic Awareness
- Microbiome Repair
- **Fix Low Cellular Reserves**

Fix Low Cellular Reserves



Microglia are cells!



Orthomolecular Medicine Pioneers

James Lind

Albert Szent-
Gyorgyi

Irwin Stone

Abram Hoffer

Linus Pauling

Fredrick Klenner

Lendon Smith

Claus Jungeblut

William McCormick

Ewan Cameron

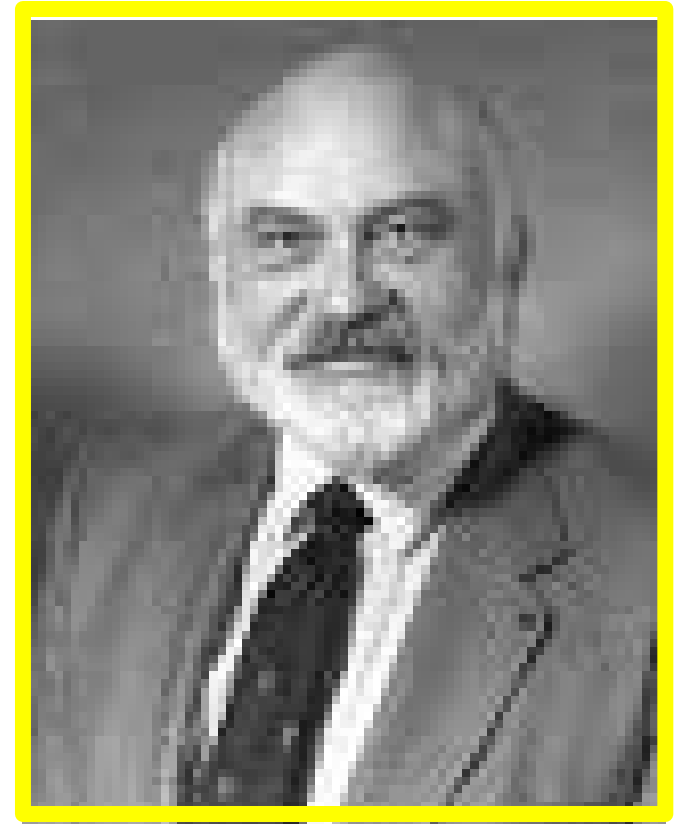
Robert Cathcart

Hugh Riordan



Dr. Hugh Riordan (founder)

Health is having the
(cellular) *reserve* to do
what you need to do
and want to do...
with
*energy &
enthusiasm.*



“Measure, Measure, Measure...”



Brain Health Profile

Amino Acids

1. Glutamine
2. Taurine
3. 10 Essential AA

Minerals

1. Selenium
2. Magnesium

Antioxidants

1. Vitamin A
2. Vitamin C, plasma
3. Vitamin C, urine
4. Vitamin E
5. Vitamin D
6. Beta Carotene

Chem Profile

CRP-hs

CoQ10

Homocysteine

Methylation B's

1. Vitamin B1
2. Vitamin B3
3. Folate
4. Vitamin B5
5. Vitamin B6
6. Vitamin B12

Lipid Profile

Fatty Acids

1. Omega 6
2. Omega 3
3. Omega 9

Zinc & Pyrroles

1. Zinc
2. Urine Pyrroles

Special Offering – The Brain Health Profile is available for purchase by TODAY's ATTENDEES ONLY!



LifeCare Hormones

Thyroid Profile

1. Free T3
2. Free T4
3. Thyroid Signaling Hormone

Anti-Aging Hormones Profile

5. Testosterone
6. Estradiol
7. Progesterone
8. DHEA (adrenal)



316.682.3100



Basic Wellness

Thyroid Profile

1. Free T3
2. Free T4
3. TSH

Two Super Nutrients

1. Vitamin D
2. Magnesium

BioChem Check-up

1. CBC
2. CRP-hs
3. Lipid Profile
4. Chemistry Profile
5. Hemoglobin A1c
6. Estimated Average Glucose



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Advanced Wellness

Thyroid Profile

1. Free T3
2. Free T4
3. TSH

Super Nutrients

1. Vitamin D
2. Magnesium
3. Coenzyme Q10

BioChem Check-up

1. CBC
2. CRP-hs
3. Lipid Profile
4. Chemistry Profile
5. Hemoglobin A1c
6. Estimated Average Glucose

Antioxidants

1. Vitamin A
2. Vitamin C, plasma
3. Vitamin C, urine
4. Vitamin E
5. Beta Carotene

Methylation B's

1. Vitamin B6
2. Vitamin B12
3. Folate

Fatty Acids

1. Omega 6
2. Omega 3
3. Omega 9



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Nutrition Profile

Amino Acids

1. Glutamine
2. Taurine

Phytonutrients

1. Lutein
2. Lycopene

Zinc : Copper Ratio

1. Zinc (RBC)
2. Copper (RBC)

Antioxidants

1. Vitamin A
2. Vitamin C, plasma
3. Vitamin C, urine
4. Vitamin E
5. Beta Carotene

Added Minerals

1. Selenium (RBC)
2. Manganese (RBC)
3. Chromium (serum)
4. K/Na Ratio

Methylation B's

1. Vitamin B6
2. Vitamin B12
3. Folate

Fatty Acids

1. Omega 6
2. Omega 3
3. Omega 9

Added B-Vitamins

1. B1
2. B2
3. B3
4. B5

Chemistry Profile

Mega Profile = Everything Plus...

Bone Minerals

1. **Boron**
2. **Strontium**

All Amino Acids

1. **8 Essential**
2. **12 Conditional**
3. **Glutamate**
4. **Taurine**

Methylation B's

1. **Vitamin B6**
2. **Vitamin B12**
3. **Folate**
4. **Homocysteine**
5. **Pyrroles**

Lipids Panel

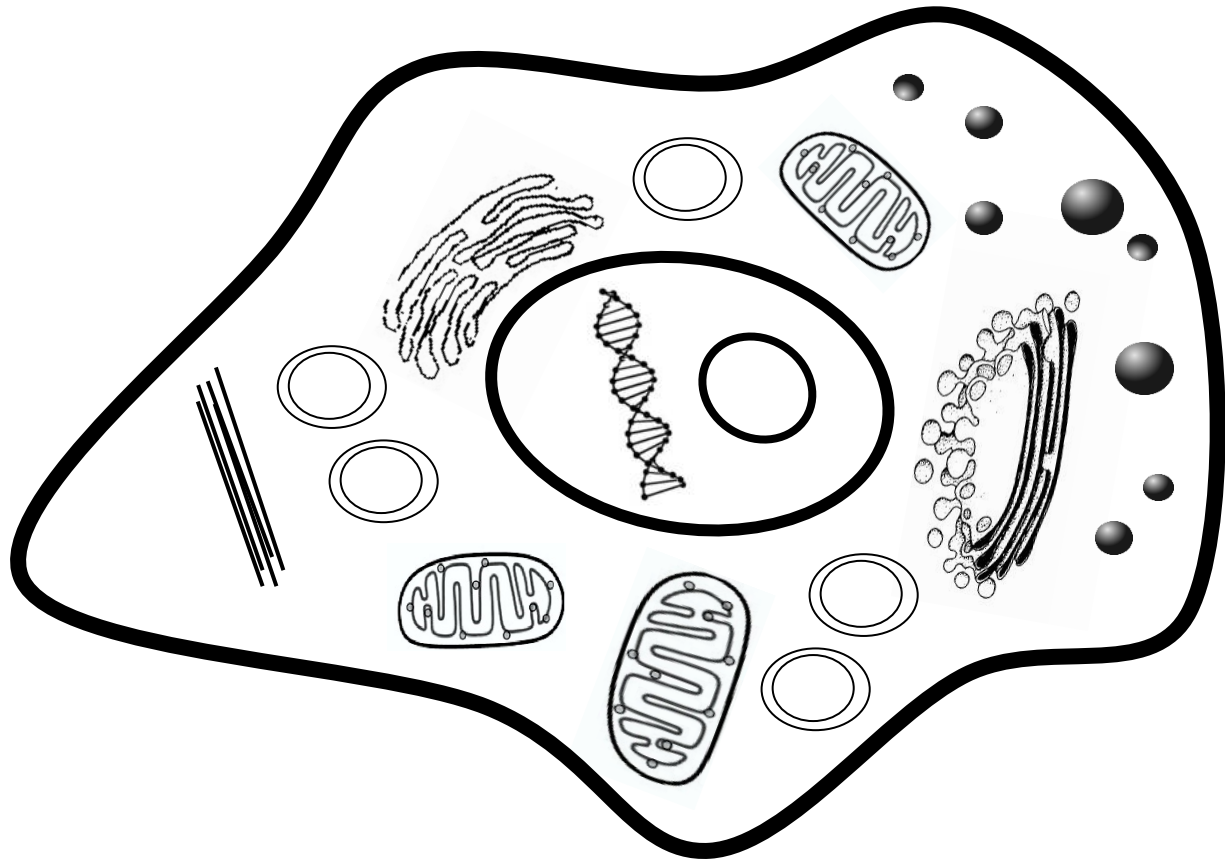
1. **Cholesterol**
2. **Fatty Acids**
3. **HDL**
4. **LDL**
5. **Lipoprotein (a)**

Thyroid Panel

Hormone Panel

Check-up Testing

Fix Low Cellular Reserves



Real Health Questions?



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