



RIORDAN CLINIC WELCOMES DR. DREW ROSE

*"I have always
been fascinated by
science, specifically
how the body works."*



Riordan Clinic is proud to announce the addition of Drew Rose, DO, known to many as Dr. Drew, to the Riordan Clinic medical team as Clinical Medical Director. As a board-certified internal medicine physician with roots in Wichita and extensive training in osteopathic medicine, Dr. Drew brings a perspective that perfectly aligns with Riordan Clinic's holistic approach to healthcare.

"I have always been fascinated by science, specifically how the body works," Dr. Drew reflects on his path to medicine. "While I was young, I had several episodes with my health that took me out of school. I went through rigorous testing and was always left asking 'why?' My thirst for knowledge is what drove me into a career immersed in science, and healthcare seemed logical to me."

Medical Training and Experience

Dr. Drew's medical education at Rocky Vista University College of Osteopathic Medicine (RVUCOM) was marked by dedication to both learning and teaching. He completed an additional year through an undergraduate teaching fellowship in Osteopathic Principles and Practices, focusing on education, osteopathic philosophy, and leading lectures and labs. During this time, the fellows also founded and fully managed their own non-profit osteopathic manipulative medicine clinic.

His commitment to global health led him to participate in RVUCOM's Global Honors Track, traveling to seven countries during medical school, with rotations in Honduras, Peru, Costa Rica, and Kenya. Notably, Dr. Drew has visited Kenya four times with RVUCOM — both as a student and as a preceptor — conducting acute care clinics for the Maasai people in southern rural Kenya, most recently in June 2025.

INSIDE THIS ISSUE

Riordan Clinic Welcomes
Dr. Drew Rose 1-2

The Power of Prevention:
Nutrient Testing
Benefits for Both 3-4
Patients and Caregivers

Jake Ackland, RN, BSN,
Named Director of 5
Clinical Services



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After completing his residency at Swedish Covenant Hospital in northern Chicago in 2019, Dr. Drew became board-certified in Internal Medicine. He then returned to Kansas to be closer to family, working as a hospitalist at Salina Regional Health Center since August 2019.

During his tenure at Salina Regional Health Center, Dr. Drew demonstrated exceptional leadership capabilities, serving as Clinical Medical Director of the Hospitalist group for two years and Department of Medicine Chair for one year. He built up his credentials early to cover ICU duties for nearly 50% of his shifts annually, gaining invaluable experience during the COVID-19 pandemic.

“Working [in the] ICU during the pandemic showed me just how important it is to individualize treatments for patients, as ‘cookie-cutter medicine’ was, and still is, quite ineffective,” Dr. Drew explains. This experience reinforced his belief in personalized, holistic healthcare approaches.

“To find health is the object of the doctor. Anyone can find disease.”

ANDREW TAYLOR STILL, MD, DO,
Father of Osteopathy and fellow Kansan

Dr. Drew’s approach to patient care is guided by the four fundamental tenets of osteopathy:

- ▶ The person is a unit of body, mind, and spirit
- ▶ The body is capable of self-regulation, self-healing, and health maintenance
- ▶ Structure and function are reciprocally interrelated
- ▶ Rational treatment is based upon an understanding of the above principles

Dr. Ron, recognizing Dr. Drew’s exceptional qualifications, said, “When I found out that Dr. Drew, who is trained as an osteopathic physician, had stayed on for an additional year of medical school for advanced training in the philosophical foundations of osteopathic medicine, I knew he was the right choice for this position.”

A Holistic Approach to Healthcare

Dr. Drew’s expertise in internal medicine provides a strong foundation for investigating and treating patients with chronic diseases, including chronic infections, autoimmune conditions, and undiagnosed illnesses. He is particularly passionate about Osteopathic Manipulative Medicine (OMM), a therapeutic approach founded by Dr. Andrew Taylor Still in the late 1800s.

“Osteopaths are also trained in manipulating the viscera (organs), bones of the cranium, dura, and feel/balance energies that constantly flow throughout our bodies,” Dr. Drew explains.

Dr. Ron emphasizes the significance of this approach: “While both DOs and MDs deliver comprehensive medical care, DOs are distinguished by their emphasis on a holistic, patient-centered approach that prioritizes preventative care and integrates Osteopathic Manipulative Therapy as a diagnostic and treatment tool.”

Dr. Drew hopes to utilize functional medicine to decrease patients’ reliance on pharmaceuticals while empowering them to take charge of their health through exercise routines, healthy dietary habits, mindfulness techniques, sleep hygiene, meditation, and spiritual practices that align the entire “unit” of the patient toward health.

His vision for his role at Riordan Clinic focuses on bringing an outside perspective to help rebuild the clinic’s pre-COVID community engagement and education initiatives while providing a well-rounded, holistic approach to complex medical cases.

“I am excited to bring an Osteopathic approach to the patients of Riordan Clinic,” says Dr. Drew. “Having the time and resources to find the health in every patient has always been my dream as a physician.”

Beyond Medicine

Born at Wesley Medical Center in 1985, Dr. Drew is a native Wichitan who has remained connected to his Wichita roots throughout his journey in medicine. After graduating from Wichita High School Northwest in 2004 and earning his Bachelor of Science degree from Wichita State University in 2010 (with a minor in Spanish), he ventured out to pursue his medical education before ultimately returning to serve his home community.

When not caring for patients, Dr. Drew enjoys spending time with his husband of 17 years and their two dogs. He is passionate about wildlife conservation and world travel, believing that “life begins outside your comfort zone.” He also tends to eight chickens and dreams of cultivating a large garden one day.

With his deep Wichita roots, extensive medical training, leadership experience, and commitment to holistic healthcare, Dr. Drew represents an exciting addition to the Riordan Clinic family. His arrival marks a new chapter in the clinic’s continued mission to provide innovative, patient-centered care that addresses the whole person — body, mind, and spirit.



CHECK YOUR HEALTH

Be proactive and check your nutrient levels through the Riordan Clinic's Check Your Health event. Participants can choose from one of five lab profiles to learn about your unique nutritional status. Empower yourself with life-changing knowledge to identify nutrient deficiencies and help prevent illness and chronic disease.

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THE POWER OF PREVENTION: NUTRIENT TESTING BENEFITS FOR BOTH PATIENTS AND CAREGIVERS

AUTHOR Michelle Niesley, ND, MS, FABNO, Chief Executive Officer, and Karen Moore, MLT (CSMLS), Bio-Center Laboratory Manager

In an era where healthcare often focuses on treating disease after it appears, a revolutionary approach is gaining recognition: understanding and optimizing your body's nutritional foundation before problems arise. At Riordan Clinic, the Check Your Health (CYH) program represents a fundamental shift from reactive to proactive healthcare, empowering individuals to take control of their wellness journey through comprehensive nutrient testing.

Supporting the Caregivers

Healthcare discussions often focus on patients, but Laboratory Manager Karen Moore, MLT (CSMLS), highlights a frequently overlooked population: caregivers. "While we provide excellent integrative care for patients with cancer and other diseases, we are also a resource for those who care for them. Caregivers often neglect their own health, leading to burnout or health issues of their own."

The physical and emotional demands of caregiving can deplete nutritional reserves, compromise immune function, and increase stress hormone levels.

Caregivers need to prioritize their own well-being so they can keep being there for their loved ones. Check Your Health testing can monitor how well they are taking care of themselves.

This perspective recognizes that caring for others requires caring for yourself first. When caregivers maintain their own nutritional foundation, they have the energy and resilience needed to provide sustained support to their loved ones.

Beyond Standard Lab Work

Most of us are familiar with annual physical exams and the standard blood work that accompanies them. These conventional tests serve an important purpose: screening for established conditions such as diabetes, high cholesterol, or thyroid dysfunction. However, Check Your Health testing is focused on preventing those conditions by assessing nutritional status. This distinction is crucial.

While conventional labs excel at identifying disease, CYH testing examines the nutritional building blocks that support optimal cellular function. The comprehensive panels measure levels of essential vitamins, minerals, amino acids, fatty acids, and antioxidants — nutrients that are rarely included in standard testing but play vital roles in preventing future health problems.

The Science of Individual Biochemistry

Every person's biochemistry is unique, influenced by genetics, lifestyle, environment, stress levels, and countless other factors. What constitutes optimal nutrient levels for one individual may be insufficient for another. This is where the true value of comprehensive nutrient testing becomes apparent.

Rather than waiting for symptoms to develop, CYH testing reveals the subtle imbalances that precede illness. Nutrient deficiencies often develop gradually, sometimes taking months or years before they manifest as recognizable health problems. By the time conventional symptoms appear, the deficiency has often progressed significantly.

One of the most important insights from comprehensive nutrient testing is that symptoms rarely point to a single cause. "Patients often don't realize that the path to wellness lies right in front of them," CEO Michelle Niesley, ND, MS, FABNO, says.

"Two patients may come to the Riordan Clinic with the same symptoms, but may find that they are caused by very different nutritional imbalances. Check Your Health allows patients to do a deep dive to uncover nutrient deficiencies that could be causing a host of symptoms."

This individualized approach becomes crucial when we consider how diverse nutrient deficiencies can be. Beyond iron deficiency, several other common deficiencies can have surprisingly wide-ranging effects:

- ▶ Magnesium deficiency can manifest as high blood pressure, headaches, menstrual or muscle cramps, insomnia, depression, anxiety, and fatigue, among other symptoms.

- ▶ Vitamin D deficiency extends far beyond bone health concerns. Studies show vitamin D helps us to regulate blood pressure and blood sugar. It's important for strong, healthy bones and also helps control our mood. It supports the immune system, as studies have shown that patients with higher vitamin D levels compared to those with lower levels are 40% less likely to contract the flu if they work in a hospital.¹
- ▶ Vitamin B12 deficiency can present in unexpected ways, such as heart palpitations, especially if patients are vegan, or are taking heartburn medications or metformin for diabetes. The immune system needs vitamin B12 to make white blood cells, and diabetic neuropathy symptoms can be more severe in patients with vitamin B12 deficiency.

These examples illustrate how a single nutrient deficiency can create multiple, seemingly unrelated symptoms, while similar symptoms might stem from entirely different nutritional imbalances in different individuals.

The Prevention-First Philosophy

Check Your Health testing is about prevention. It was designed to help everyone, including patients and caregivers, take control of their health journey by learning about their body's unique biochemistry. With regular testing, patients can proactively address potential issues before they become serious problems.

This prevention-first philosophy recognizes that optimal health isn't simply the absence of disease — it's the presence of vitality, energy, and resilience.

Certain life circumstances may make testing particularly valuable. Periods of high stress, major life transitions, dietary changes, new medications, or unexplained fatigue or mood changes can all impact nutritional status. However, the goal isn't just to test when problems arise — it's to establish your personal baseline when you're feeling well, creating a reference point for future comparisons.

The Future of Personalized Health

As healthcare evolves toward more personalized approaches, understanding individual biochemistry becomes increasingly important. Nutrient testing represents a bridge between conventional medicine and personalized wellness, offering actionable insights that can be implemented immediately.

The goal isn't to replace conventional medical care but to enhance it with nutritional intelligence. In a world where chronic disease rates continue to climb, taking control of your nutritional health offers hope and empowerment. Through comprehensive nutrient testing, you can discover your body's unique needs and take meaningful steps toward optimal wellness before symptoms can ever appear.



LUNCH & LECTURE

FROM INFLAMED TO INFORMED:

Learn how inflammation talks and how to really listen

September 11, 2025
Lunch 11:30 AM | Lecture 12:00 PM

HOSTED BY



Dr. Ron Hunninghake, MD
Chief Medical Officer



**Dr. Michelle Niesley,
ND, MS, FABNO**
Chief Executive Officer

RSVP to attend virtually or in-person
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JAKE ACKLAND, RN, BSN, NAMED DIRECTOR OF CLINICAL SERVICES

*"It's a privilege to be part of a team so
deeply committed to its patients."*

We are thrilled to announce that Jake Ackland, RN, BSN, has been promoted to Director of Clinical Services at Riordan Clinic. With his extensive clinical background and proven leadership experience, Jake brings a patient-centered approach that aligns with our mission of providing comprehensive, integrative healthcare.

"What excites me most is the opportunity to play a larger role in helping Riordan Clinic continue to grow its integrative approach to care, one that looks beyond quick fixes and focuses on lasting, whole-person wellness," Jake says.

As Director of Clinical Services, Jake will oversee the coordination and delivery of clinical care across all departments, ensuring every patient receives the highest standard of integrative treatment. When asked what makes Jake stand out as a leader, Stacy Dunn, ND, LAc, FABNO, FABORM says, "Jake's dedication, organization, and compassion stand out immediately. I am honestly jealous of his organizational skills!" Dr. Dunn continues, "Jake brings a calm, solutions-focused energy that supports the entire team... his leadership will streamline our operations while maintaining the warmth and care that define Riordan Clinic."

Outside of work, Jake loves spending time with family. "With two young boys, life is full of laughter, plenty of surprises, and there is never a dull moment! I also make time to exercise every day, which helps me stay energized and grounded, no matter how busy life gets."

Please join us in congratulating Jake Ackland on his well-deserved promotion.

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Register

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	CYH Price	\$2,290	\$1,545	\$995	\$445	\$405
VITAMINS	A	X	X	X		
	Beta Carotene	X	X	X		
	B1	X	X			
	B2	X	X			
	B3	X	X			
	B5	X	X			
	B6	X	X	X		
	B12	X	X	X		
	Folate	X	X	X		
	C, Plasma	X	X	X		
	C, Urine	X	X			
MINERALS	D	X			X	
	E	X	X			
	Boron	X				
	Chromium (Serum)	X				
	Copper (RBC)	X	X	X		
	Magnesium (RBC)	X	X	X		
	Manganese (RBC)	X	X	X		
	K/Na Ratio	X				
	Selenium (RBC)	X	X			
	Strontium	X				
	Zinc (RBC)	X	X			
HORMONES	DHEA-S	X				
	Estradiol	X				X
	Free T3	X		X		X
	Free T4	X		X		X
	Progesterone	X				X
	Testosterone	X				X
	TSH	X		X		X
AMINO ACIDS	Essential Amino Acids	X	X			
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	AA-Glutamine	X				
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LIPIDS	Fatty Acids	X	X	X		
	Lipid Profile	X		X	X	
	Lp(a)	X				
GLUCOSE MONITORING	Hemoglobin A1C	X	X	X	X	
	Estimated Average Glucose	X	X	X	X	
OTHER	CBC	X	X	X	X	
	Chemistry Profile	X	X	X	X	
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CHECK YOUR HEALTH PROFILES

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Mega, Nutrition, and Advanced Wellness Profiles include a complimentary 30-minute appointment with Dr. Drew



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**Call to schedule at
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Check Your Health (CYH) panels are self-ordered and cannot be filed with insurance or Medicare. Current Riordan Clinic patients may access CYH pricing year-round through the Clinic.

Riordan Clinic is a not-for-profit 501(c)(3), integrative health center with locations in **Wichita and Overland Park, KS**. The clinic was co-founded by Olive Garvey and Hugh D. Riordan. We intersect 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 become a patient at Riordan Clinic, call 800-447-7276

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

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Real Health Podcast

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The Latest Information and Top Experts
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LATEST EPISODES



Integrative Oncology and the Future of Cancer Care with Dr. Dan Rubin

What does it look like to bring naturopathic oncology into the cancer care conversation? In this episode of the *Real Health Podcast*, Ron Hunninghake, MD, talks with Dan Rubin, ND, FABNO — a trailblazer in naturopathic oncology and co-founder of the American Board of Naturopathic Oncology.

Dr. Rubin reflects on his journey in helping establish board certification for naturopathic oncologists and why this specialty matters for patients today. He and Dr. Hunninghake discuss how integrative approaches can support the immune system, guide patients through complex treatment choices, and create a more unified approach to care. They also explore emerging therapies, including dendritic cell immunotherapy, and the hope these innovations bring to those facing cancer.



The Fungal Link to Cancer with Mark Lintern

Could fungi play a key role in the development of cancer? In this episode of the *Real Health Podcast*, Dr. Ron Hunninghake speaks with British scientist and author Mark Lintern about his groundbreaking research and new book, *The Cancer Resolution*.

Motivated by personal loss and years of investigation, Lintern presents evidence that intracellular fungal pathogens may drive cancer's growth and survival. He explains how this perspective helps address the "hallmarks of cancer," why conventional theories may fall short, and how viewing cancer through a microbial lens opens new possibilities for treatment and prevention.

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