



## “What Are You Thankful For????”

I give thanks every morning for everything God has given me and every person that is in my life. As well as, every amazing thing He has allowed me to experience!!!

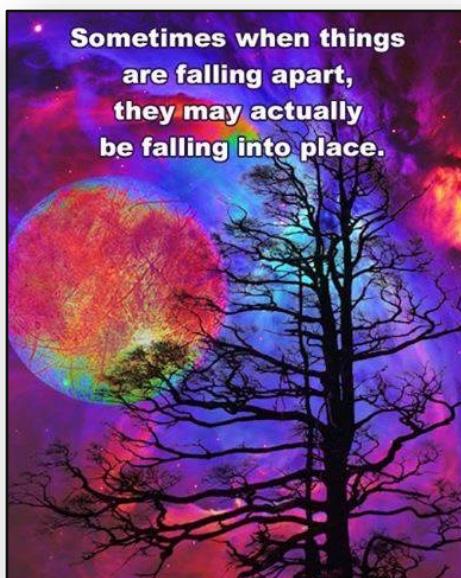
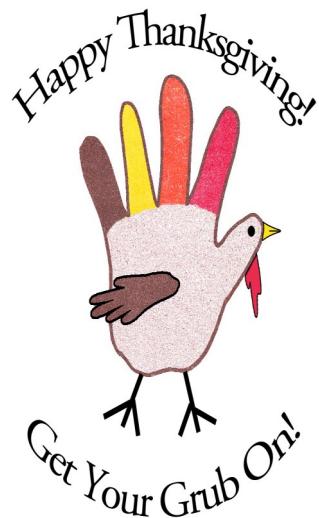
Even when something negative has occurred, there is always a reason for it! What was I suppose to learn from it???? If I didn't learn from it, then chances are, I will definitely repeat it, until I do!!!

My pastor has a saying I'm quite fond of. He likes to say, “There's always a Bless'n in the Lesson. Everything we go through, a difficult situation, there is always a lesson to be learned. The more painful the experience, the more I'm going to learn. (Hopefully !!!!)

At some point in time, our faith will be tested. We will all face adversity, and those around us will see how we handle it. Our family, friends, neighbors, co-workers, etc., will observe our, Faith, fortitude and perseverance. We will be Blessed by the test, and they will learn from our strengths!

**See Page 4 What Are You Thankful For????**

**November, 2015**

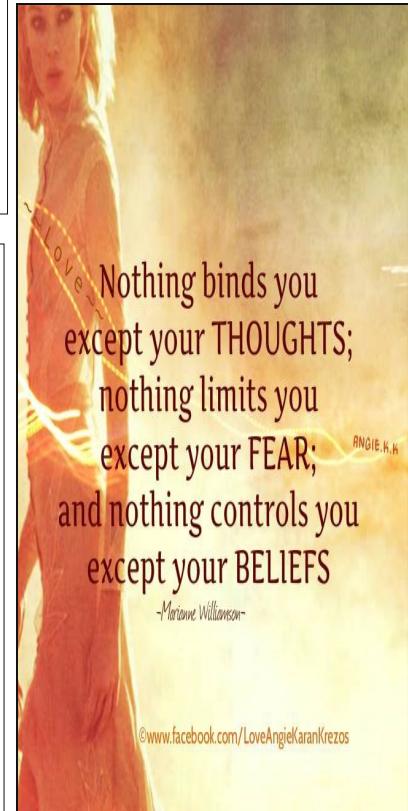


*Check out our book selection for this month on how thoughts, feelings and fear can and do decide your health.*

*Remember we are only as healthy as our secrets.....*

*See Page 3*

*Be ever so thankful there is always help available....*



## *Be Ever So Grateful We Can Be Thankful* ... Linda Laskowski

We are fast approaching the sometimes dreaded holiday season as it is ushered in with Thanksgiving to remind us to be thankful for the bounty of life that we do have.

I like others have had my share of downs, however it is the downs that help us appreciate the ups and vice versa. I always know when it's the darkest it will soon shine a very bright light to show me the way out. I have never lost faith in that belief and it has never let me down.

I recently returned from my first trip on a cruise ship. I will be by choice, a "cruiser" the experience can't be covered in words. The kindness, generosity, the service and quality of relaxation offered, how efficiently they handled nearly 4,000 people and the formal dining experience remains unexplainable in mere words. The gratitude I feel to do this gives me such thankfulness for all that I have been willing to open myself up to.

Life is meant to be an adventure, a self discovery of our personal strengths and to help us build up what we consider, our weaknesses.

I can only speak for myself I believe being a truly happy person one must be open and willing to experience parts of life that is not and can't be controlled by us, in that way we learn parts of ourselves that would have been left undiscovered. It is in the discovery of ourselves that we learn even more gratitude and thankfulness for the journey.

The cruise, which was organized through Walter's Dance owned by Mark and Mary Harris, gave me an opportunity as I sat on my balcony and watched the sea churn beside the boat and felt the gentle rocking to think back on my entire life, "Wow", what a trip within a trip. I totally rediscovered all the parts of me that I let slip away throughout my years of marriage, raising children, starting a business and running that business for 25 years and most of all the compromises I was willing and sometimes not truly willing to make so life at that moment could move forward.....it was at those moments at sea that I realized the price I paid all those years. Here are some of my re-discoveries.....

I love to dress up for formal dining, what an experience as you are treated like a queen throughout dinner. I love to have long interesting conversations over the perfect cup of coffee and delicious delicacies offered after a superb meal. I love meeting all the people from all the corners of the world, and hearing their stories. I love being back in my 3 inch heels.....and I love to dance.....I danced everyday and in the evenings we all danced together in our group at a privately held club just for us. I love that the "sass" is back and I have learned to laugh again. I have also learned that each and every conversation I had with people I came with or those I newly met on the ship taught me even more hidden treasures within myself, and once again I was filled with gratitude and very thankful that I allowed this opportunity.

I wasn't sure who this woman was boarding the ship in Los Angeles, however I am more than willing to re-discover the woman that came off that ship. I have adopted the Princess Cruise Lines slogan....

"Come Back...New!!!" and I did

I am forever grateful and very thankful and wish you all a very Blessed and Happy Thanksgiving.....

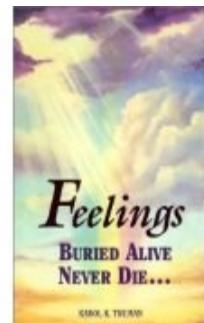
## Feelings Buried Alive Never Die

By Karol Truman

I have used this book and the information in it with clients for over 20 years. Karol Truman takes the emotional components and explains how these emotions, left unresolved, over periods of time result in the health challenges that we live each and every day. Anger, an emotion we all have felt is truly healthy at the time. However this emotion held within the body, left unresolved, will and does create health challenges as we go through life. We will also make decisions for ourselves based on this hidden anger, which results in even more challenges.

Though I use this book often to help explain symptoms to my clients the book is an awesome read and one that everyone would truly benefit from.

Let me give you an example: *Insomnia, tensions in life, deep seeded guilt, feelings of fear and anxiety and or reaction to potential threatening situations. Male Problems, feeling inadequate in sexual role, refusing to let go of the past, feeling guilty for sleeping around, holding onto unpleasant memories of previous relationships, and or feeling unfulfilled in love. Female Problems, emotional block where own sexuality is concerned, feeling inadequate in sexual role, feelings of fear or guilt about sex, refusing to “let go” of the past, feels to reject feminine nature, emotional block where mate is concerned.*



**"Keep your love for one another at full strength, because love covers a multitude of sins."**

Peter 4:8

**"One may go a long way after one is tired"**

French Proverb

## Why Beets Make You A Better Athlete

Drinking beet juice is a proven way to boost endurance, helping increase the size of blood vessels to bring more oxygen to your muscles. According to a new study, beet juice also helps athletes react faster and make smarter decisions even at the end of tough workouts when mental acuity flags. Researchers at the University of Exeter discovered that athletes who took shots of beet juice daily for a week were able to sprint more powerfully, and think more clearly and quickly, than when they drank a placebo. During intense exercise, blood vessels dilate, explains study lead author Chris Thompson. "The high nitrate content of the juice may help this process, supplying more oxygen to the brain," he says. The easiest way to get these effects is by drinking beet juice from concentrate (offered at smoothie bars or in bottled juices). Thompson says eating foods that are similarly rich in dietary nitrates can also help, and provides benefits beyond performance. "I encourage a diet of spinach and other green, leafy vegetables because of the positive impact on cardiovascular health including lowering blood pressure", he says.



**"Gratitude can transform common days into Thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."**

William Arthur Ward

## What Are We Thankful For???

Continued From Page 1

But, I too want to learn from others, who have gone through hard times, that are similar to my struggles. If I'm diagnosed with cancer, then I want to talk to someone who has beaten it!!!! If I'm going through a divorce, then I meet with an individual who knows my emotional pain. If I lose a loved one, I'm going to visit with someone who has grieved over the loss of a close family member.

We are all here to help one another!!! Sometimes we give help financially, other times we support someone spiritually, mentally, physically, or emotionally. Give what you can, to those in need. When you do, you will be repaid ten fold when it is your time!!!!

Everyone we come in contact with in our lives, have something to teach us, or us them. Let's thank God for putting that person in our lives.

Give thanks for everything He sends us, Good and Bad!!!!

Thank You and have a Blessed and Happy Thanksgiving!!!!

## Did You Know?

Three key antioxidant vitamins that help protect your cells and molecules from inflammation are A,C, and E; just remember that an ACE is the top card to have in your hand....and apparently also for your body.

## 2 Minutes Per Hour

The minimum amount of time you need to walk to counteract the effects of sitting, a new study finds. "When we sit for prolonged periods, excess energy, like the latte we just consumed, goes straight to our fat tissues." says study author Dr. Srinivasan Beddhu. Walking for even 2 minutes can stop the process....and lower blood sugar and blood pressure.

## A Proven Way To Stop Snoring

Brazilian researchers found that four simple exercises helped significantly reduce the frequency and volume of snoring. When the nasal and throat airways narrow, the vacuum effect of pulling in air to breathe can produce a snoring sound, explains Dr. Barbara Phillips, medical director of the Sleep Laboratory at the University of Kentucky. "Strengthening the muscles helps them resist this suction and keeps the airways open." To get the effect, do 20 repetitions of these exercises three times a day for three months.

Press the tip of the tongue against the roof of the mouth and slide it backward. Suck the tongue upward against the roof of the mouth. Force the back of the tongue against the floor of the mouth while keeping the tip of the tongue in contact with the bottom front teeth. Say the letter "A" to elevate the uvula.

## An Interview with James Taylor..... A segment of this interview.....

**How Should A Person Handle Regret?** *Try to go forward instead of backward. You go through your life and try to think, "OK, what things are paralyzing me with shame and regret." and if you can't make them right, then at least make the attempt. That's the best that you can do. If I wasn't forgiven, at least I let them know that I'm aware of what an asshole I've been.*

Always remember.....

*"We are only as healthy as our secrets...."*

## Kelling's Healthy Tid Bits

- ◊ **Health Alert: Climate Change May Worsen Health Risks**, Rising temperatures and altered weather patterns may soon cause exacerbations of existing health risks, warns a new study. As the number of extremely hot days increases, so do the cases of heat stroke, cardiac arrest, and other heat-related illnesses. The authors also say that respiratory disease, infectious disease, hunger, and mental health problems will most likely increase in response to climate change. The analysis, which included studies from the last 20 years, argues that reductions in fossil fuel combustion could result in significant health and economic benefits.

*Journal of the American Medical Association, September, 2014*

- ◊ **Diet: Could Dry Roasted Peanuts Be A Trigger For Peanut Allergy?** Investigators suspect that dry roasted peanuts could be the cause of peanut allergies. A recent study involving mice has found that eating roasted peanuts is more likely to trigger an allergy than eating raw peanuts. The finding suggests that dry roasting produces chemicals that sensitize the immune system to both dry roasted and raw peanuts. Study author Dr. Amin Moghaddam adds, "Allergies in people are driven by multiple factors including family genetic background and exposure to environmental triggers. In the case of peanut allergy, we think we may have discovered an environmental trigger in the way that peanuts are processed by high-temperature roast."

*Allergy and Clinical Immunology, September, 2014*

- ◊ **Chiropractic: Educating Intervention Helps Med-School Students Understand Chiropractic.** A new study involving surveying and educating medical students about chiropractic reveals that the attitudes and knowledge of medical students toward chiropractic improved after just one hour of education intervention. The authors conclude that formally educating medical students may facilitate future collaboration between the two professions.

*Journal of Chiropractic Education, September, 2014*

- ◊ **Exercise: What's The Best Exercise For Obese Youths?** Researchers believe that the best way to fight the teen obesity epidemic is to combine aerobic exercise with resistance training. In their study, youths were asked to train four times per week for 22 weeks at community-based facilities under a trainer's supervision. Among youths who completed at least 70% of the study's exercise sessions, the percentage of body fat decreased significantly more among youths who combined aerobic and resistance exercise than among those who only did aerobic exercise. Researchers hope that the study will contribute to the debate about obesity among youths in the United States, potentially leading to a consistent, long-term strategy on how to best address the issue.

*JAMA Pediatrics, September, 2014*

- ◊ **Wellness/Prevention: Deprescribing Could Benefit Older Patients.** Deprescribing-the process of reducing or stopping medications-should be a priority for all prescribing physicians, suggests two articles published in the Medical Journal of Australia. The authors note that the potential benefit of removing unnecessary drugs (and their potential adverse effects) in the elderly population is significant. Up to 30% of hospital admissions for individuals over the age of 75 are medication-related, and up to 75% are potentially preventable, say the authors. Although evidence suggests that deprescribing would produce more benefits than risks, more research is needed regarding negative, non-reversible effects of ceasing use of certain classes of medication.

*Medical Journal of Australia, September, 2014*

**"If you are truly thankful, what do you do? You share....."**

**W. Clement Stone**

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Your smile is your logo, your personality is your business card, how you leave others feeling after having an experience with you becomes your trademark.

—————  
The key to creating health is figuring out the cause of the problem and then providing the right conditions for the body and soul to thrive.  
It isn't taking another medication!

Mark Hyman MD

*“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”*

**Oprah Winfrey**