



# KELLING

# CHIROPRACTIC

October 2015

## “Why Do We Use Cold Laser Therapy In The Office?”

Low level cold laser therapy has been used extensively for over 25 years for a wide variety of conditions. For the last 10 years in our office, we like to use it after your chiropractic treatment. This allows you to hold your adjustments better.

The cold laser therapy can help relax the tight muscles, reduce swelling, and even calm down a pinched nerve. It helps an inflamed arthritic joint, as well, accelerate healing of a torn muscle or a broken bone.

I wanted to reprint an excellent article on cold laser in the Kansas City Star that described its use at the zoo.

## Aging Population Given The Latest In Geriatric Care

Suffice it to say that when you weigh more than 8,000 pounds and, at 47, are one of the oldest female African elephants in North America, time and tonnage place a heavy toll on your geriatric bones.

“Whenever you’re ready,” Scott McCall, the elephant manager at the Kansas City Zoo, said recently as he led Lady, one of the zoo’s six African elephants, to the safety bars inside the exhibit’s elephant barn.

Since late July, Lady has been receiving a regular treatment to help soothe the age-related arthritis plaguing the pachyderm’s “wrists,” the carpus bones of her front limbs, and “ankles,” the tarsus bones of the rear.

“OK, ready,” said Kirk Suedmeyer, the zoo’s chief veterinarian. With yellow goggles protecting his eyes, he bathed Lady’s joints in a beam of bright red light.

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# Balance Is The Key To Everything.....



October has always been a month to signify balance. The zodiac sign for October is Libra and the symbol is the scales, which always stay in balance, at least in the pictures.

I have always looked at October as the closing of one season and the opening of another....once again we hope for balance. It is also a time that we usher in Fall, my favorite time of the year.

From a colon therapist's standpoint it is a time that our bodies start to automatically shut down. Our internal clock is winding to a slower pace, we are looking more for the chilis, stews and hot soup. This is the time when many people decide to detox their bodies to help them through the winter months....better hurry!!!!

Major detoxification in the cold months is very hard on our system, simply because our bodies are on a DNA shut down. Very minor ones, like a colonic or a liquid fast for a day are fine, however heavy purging through colon cleaners bought over the counter can sometimes cause a major set back versus a triumphant win-win.

How we conduct our body's intake of food during the winter months will always determine how our body will naturally cleanse when Spring starts to pop out. If we have been heavily indulgent than what most people refer to as spring allergies or colds is really the body trying to rid itself of all the built up toxins from the winter months. The body is seeking balance. If we have our digestive issues under control, we assimilate our foods well, we have taken care of emotional issues that have entered our lives and we are physically letting go of our debris on a daily basis, we should be able to bypass the spring cleansing without any side effects.

Balance is a tricky place for one to get to in life. We have several avenues that one looks at when we are viewing ourselves. Balance in relationships, finances, spirituality, physically. I don't think I have ever truly met another human being that was completely balanced in all areas, I have always been under the assumption, right or wrong that when we do get this completeness, we are given the golden ticket to move on in spirit, at least according to our personal agenda.

Once again, from a colon therapist's point of view.....balance is key and even though the 80/20 rule seems out of balance it is not. 80% of the time you do what you know you need to do for your good health. The 20% you go off your track the body absorbs without any upset and keeps moving forward. It is when the 20% becomes the 80% that we tend to start to fall apart. Let me give you an example: Monday through Friday I start my morning off with my supplements and a protein shake. I fill up my water container and I head to my office. For lunch I have a salad with lemon squeezed on top with some fish, chicken and or grass fed beef. For dinner I have tons of veges with some more protein added. Now on Saturday and Sunday those are my free days and I get wild and crazy. I tend to even on my "let it go" days pick more on the healthier side. I might have a gluten free pizza with a Michelob Ultra.....a trip to City Market with any and all goodies and I don't question my choices at all. However, on Monday morning I am ready to have my protein shake and start my week, my body lets everything go from the weekend and emotionally I feel great since I have not deprived myself of anything.

For me that is how I have achieved balance and I have plenty of energy and I rarely if ever get sick.



## PreNatal Massage for a Healthier You and Baby....too!

By: Amanda Maccracken, LMT

Prenatal massage not only feels good but can keep you in your best health for the duration of your pregnancy. There are many physical and emotional problems that a woman can face during pregnancy. It can improve circulation and in turn decrease edema and swelling, relieve sciatic pain, and hip and low back pain.

One hour of stress relief and relaxation can lead to increased rhythmic breathing providing more oxygen to your baby, and a lower blood pressure lessening the risk of hypertension. Putting your body in optimal health can also contribute to a much easier birth and a quicker recovery time.

Prenatal massage also reduces the risk of carpal tunnel, varicose veins, and stretch marks (by increasing the skin's elasticity). When I was pregnant with my son and kept a good balanced diet, exercised and got massages and chiropractic adjustments regularly, I had an amazing pregnancy and was able to work until 5 days past my due date!

### Kelling's Healthy Tid Bits

⇒ **DIET: No Clear Winner Among Common Diets.** An analysis of common diets like Atkins, Ornish, and Weight Watchers has concluded that whichever diet people choose, their chances of success are about the same. Dr. Linda Van Horn, a professor of preventive medicine at Northwestern University Feinberg School of Medicine in Chicago, writes, "The most relevant issue is to choose one that you can stick to indefinitely, since weight loss is only half the battle. Maintenance of weight loss is the ultimate victory."

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

⇒ **WELLNESS/PREVENTION: Kids' Bedrooms Should Be Free of Electronics.** Experts from Stony Brook Children's Hospital in New York say electronic devices should be banned from kids' bedrooms. They say that smartphones, video games, and tablets can prevent children and teens from falling asleep, which can lead to negative effects on school performance. Even when not using this technology, the backlights on these devices can interfere with a child's or teen's sleep quality. Dr. Jill Creighton of Stony Brook Children's Hospital offers the following tips to unplug your kids: establish a bedtime routine, read a book or listening to soothing music before bed to help your child relax and go to sleep, turn electronics off one hour before bedtime, and have kids plug in electronic devices for charging somewhere besides the bedroom.

*Stony Brook University, September, 2014*

⇒ **EXERCISE: An Hour of After-School Exercise Linked to Better Cognitive Function.** Sixty minutes of physical activity performed after school on a daily basis is not only good for a child's physical health but also appears to improve their brain function. Compared with a control group that did not exercise, children who participated in an hour of after school physical activities for nine months demonstrated significant improvements in their ability to pay attention, avoid distraction, and switch between cognitive tasks.

*Pediatrics, September, 2014*



**Kirk Suedmeyer, director of animal health at the Kansas City Zoo, discussed Lady the elephant's treatment with Chi-Ya Wang, a veterinary student from Taiwan**

## **Aging Population Given The Latest In Geriatric Care** Continued from Page 1

Over the next 30 minutes, Lady's four limbs would receive a warm dose of inflammation-reducing laser therapy, which is just one of a number of recent technologies that the Kansas City Zoo and other zoos nationwide have begun using to maintain the health of their ever-aging collections.

In Kansas City, Suedmeyer estimated, some 25 percent of the zoo's 1,100 animals are what would be considered geriatric. With captive breeding and conservation of animals in the wild a priority, zoos for years have steered away from rejuvenating their collections with wild-born species, unless deemed vitally necessary.

"They are living a lot longer in our care than they used to, so we have had to figure out strategies and methods to deal with an aging population," said Rob Vernon, spokesman for the Association of Zoos and Aquariums, the body that certifies and represents 214 facilities in the U.S.

At Ohio's Columbus Zoo and Aquarium, keepers in January recorded the use of acupuncture to ease the pain of hip dysplasia in a 16-year-old male koala named Moondani. Anti-inflammatory drugs are routinely given to dogs that suffer the inflammatory condition. But koalas can't effectively metabolize those drugs.

"We did a needle-less acupuncture with him. It almost looks like a giant ink pen that a specialist would use to touch his body," said Shannon Morarity, the zoo's assistant curator of Australia and the Islands. The pen emits short electrical pulses.

"We saw positive results" after about 10 sessions, she said. The zoo more recently has decided to switch to laser therapy.

After her laser therapy, Lady wandered from her barn.

Although laser therapy is effective in horses and other animals, it is still unclear, Suedmeyer said, whether it will be equally effective for an African elephant, with bones so large and so deep beneath its skin and muscle. But with no known side effects to the treatment, Suedmeyer figured it was worth a try.

"Let me know if you see any improvements in her walk," he told the keepers as he left the barn.

Outside, with the doctor's appointment over, it was time for a snack. The old elephant munched on hay.



*The long time Eagle, Don Henley was asked in a recent interview, "How did becoming a father change you?"*  
**"You look at your children and it's like you're peering into a big magic mirror, and it speaks to you: "What you see before you is a reflection of your best and worst qualities. Deal with it."  
Best thing that ever happened to me!!!!**

## ***“Let’s Boost Our Immune System Before We Get Sick”***

*By: Dr. Denise Pahlmeyer*

Fall is a time of change. These changes bring additional stresses. The biggest stress to our immune system comes from what we put in our mouths.

We know that we will be assailed with an assortment of colds, upper respiratory infections, bronchitis, a lingering cough, flu viruses and pneumonia. Most people will stop by the Nurse Practitioner for a quick consultation and a prescription.

Wouldn’t it be preferable to have your medicine cabinet equipped with the natural supplements to stimulate the body’s own immune system to fight the invading viruses or bacterial infections when the symptoms first manifest? It is possible to have your household already prepared to do battle with the invaders before they show up. I encourage all households to have the following four Standard Process Products in their medicine cabinet.

1. **CONGAPLEX**-take 2-4 capsules every 4 hours for first 24-48 hours (during waking hours only). Continue with 2 four times a day until symptoms clear. In severe illness the max dose for an adult is 12-18 a day and 6-8 for children depending on age.
2. **CALCIUM LACTATE**-a must have for fevers and coughs. When the little one begins to run a high fever give them 2-6 tablets every hour until the fever breaks (dose is age dependent). Continue with 2 tablets every 4 hours until cough and fever are gone. This supplement is great for any wet cough and the dosage is 2-4 tablets every 4-6 hours depending on symptoms and age.
3. **THYMEX**-This supplement stimulates the thymus gland and promotes the blood cells that attack and kill the invading pathogen. Take 2-4 capsules 2-4 times a day depending on severity of illness.
4. **ECHINACEA**-This herb has long been known to boost the immune system and enhance your own healing power. If you know you have challenges with the change of seasons or you are susceptible to getting all of those pesky fall and winter bugs, you should take one tablet every day. If you do succumb to one of the bugs going around you increase the dose to 1 tablet 4 times a day for 2 days then cut dose in half for the next week and then resume 1 a day.



*“No one ever considers himself an expert if he really knows his job. A man who knows a job sees so much more to be done than he has done, that he is always pressing forward and never gives up an instant of thought to how good and how efficient he is.”*

**Henry Ford**

*“The present is the ever moving shadow that divides yesterday from tomorrow. In that lies hope.”*

**Frank Lloyd Wright**

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### Slow Cooker Chicken Cacciatore

4 Boneless Chicken Breast and or Thighs

2 Tsp. Olive Oil

2 Tbsp Poultry Seasoning

1 Tsp Seasoned Pepper

1 Med Onion-diced

1 Lg. Red Bell Pepper-diced

2 Cloves Garlic-minced

1/2 cup Dry Red or White Wine

1/2 lb. White Mushrooms-sliced

1 14.5 oz Can Diced Tomatoes

1/2 Tsp Dried Oregano

1/8 Tsp Red Pepper Flakes

Salt/Pepper To Taste

In a skillet, heat the oil. Place chicken thighs or breasts in pan, generously season with Poultry Seasoning and Seasoned Pepper and cook until just golden brown.

Place onions on bottom of slow cooker.

Add chicken and other ingredients, stir together.

Cook on low for 7-9 hours or high for 3-4 hours.

Serve over hot pasta. Combine with a salad and you have a great “it’s getting colder outside” meal after a long day at work, and what’s even better it fills the home with wonderful smells that says comfort the moment you walk through the door.

## Let's Cook