

KELLING CHIROPRACTIC

June, 2015

Happy Father's Day

Saying "Good Bye" To An Old Friend

Many of you have read in the previous newsletters, about all the changes taking place in our building. We are going to continue adding other talented healthcare providers as the year rolls on !!!!

However, none of this would have been possible without the help of one person. Mr. Larry Butcher. Larry, was ready to ease into a life of semi-retirement and he needed to start by selling his half of the building. He approached me and made me an offer I couldn't refuse.

It's fitting that June is the month for Father's Day!!!! Larry, has been more than a friend to me for the past 20 years. He has been that one really awesome neighbor you could always count on in a crisis. That amazing handyman who could fix, repair, build, or replace anything, but would never take any payment. That legal adviser who had a wealth of life experience, knowledge, and common sense ready to share. And lastly, that father figure, who could break a problem down to a third grade level, and explain to you why your about to make a huge mistake and usually offer a better solution.

Thank you Larry Butcher for making it possible for us to achieve all these awesome changes that will impact so many countless lives. And to all the Dad's out there.....

Happy Fathers Day

A society grows great when old men plant trees whose shade they know they shall never sit in.

Greek Proverb



CE collective...
EVOLUTION

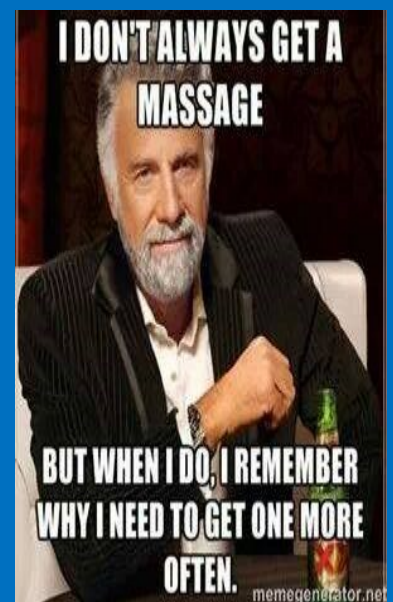
Care about what other people think and you will always be their prisoner.

Lao Tzu

Spirit Science

6 THINGS MENTALLY STRONG PEOPLE DO

1. They move on. They don't waste time feeling sorry for themselves.
2. They embrace change. They welcome challenges.
3. They stay happy. They don't waste energy on things they can't control.
4. They are kind, fair and unafraid to speak up.
5. They are willing to take calculated risks.
6. They celebrate other people's success. They don't resent that success.



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From The Desk of Linda.....Cct....Is It Fear or Excitement????

This may seem like a strange article for a colon therapist to write and you are probably wondering what does this have to do with the colon.....and my answer is everything.

Our bodies are ruled by our emotions and it is these emotions that will determine how we live and how we die. Every unresolved emotion that lingers throughout our system will eventually turn up one day as a symptom which like our emotions will not be dealt with most likely until it turns into a health challenge that literally will stop us and force us down into bed or a casket.

Dealing with our emotions is liken to being sent to Siberia without a coat, hat or mittens in the winter time....you just don't want to go there. However go there we must to turn the tide as they say and bring this chaos into balance.

I am choosing to address fear and excitement as my column this month as they are polar opposites although they start out as one in the same.

I am going to set the stage and I want you to relax and visualize that you are a child again, say 5 or 6 and the fair has come to town with all the fun things waiting for you to experience. You have counted the days, hours and moments until you can get there and ride all the rides, eat the cotton candy and see all there is to see. The moment has arrived and you are with your parents anxiously awaiting your turn at the ferris wheel.....you are jumping up and down with excitement and you have counted the seats and you are going to get the one you have been secretly hoping for, the one with horses on each side. You have your ticket in hand and you are almost there and then one of your parents lean down and whisper in your ear.....don't be afraid.

Snap....the seed has been planted and it will grow wildly for years to come.....you start to question each and every time you get excited This must mean I am afraid and I need to back away....danger Will Robinson....danger.

This seed has grown into a tangled mess in your brain and most often has shut your heart down from truly feeling anything other than more fear, anger, loneliness, resentment, apathy, depression, unhappiness, missed opportunities, the list grows and the walls get higher. From there all the other organs especially the colon start to be affected with all types of symptoms until you are sitting across from a doctor receiving not only a grim prognosis but also the time you have left on this side.

Unless.....one day...one moment you get a message from a friend, a song, a movie it really doesn't matter and this message is like Round Up on steroids and it starts to tear this weed that has had all this freedom to grow, apart. You begin to have discernment and realizing that maybe just maybe this feeling of making a choice isn't fear, its truly excitement, an opportunity for a new life, new career, a new anything that you have desired. What would happen if you took that leap of faith into the void of darkness and discovered it was filled with light? What would happen if you took your shaky knees, pounding heart and the butterflies in your tummy and moved forward into a new life out of your comfort zone and found pure ecstasy?

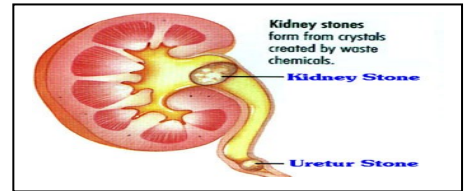
How does one have discernment and more importantly what is discernment? Before I answer that I will say discernment will be one of the most important words you will ever learn the meaning of and once you have the meaning firmly implanted your life will never be the same.

Discernment is the ability to see and understand people, things, or situations clearly and intelligently. Sounds simple.....right however the heart will want what the heart wants and then this definition can go right out the window. Once this definition is given fertile ground to grow it will do so, rapidly and you will have every joyful moment you could ever ask for and in doing so your body will be at ease, you will have peace of mind and most importantly, you will be happy. In these moments your whole system will link together, synergistically with everything working together so you can be healthy from the inside out. Suddenly you will know how to tell the difference between fear and excitement because you have become a discerning person.

This is why I wrote this article, 85% of the immune system lives in our colon. The colon is also the holding area ,both for your stored waste and your unresolved emotions. With over 22 million nerve endings the colon feeds and nourishes all your organs, muscles, tissues and cells. Fecal matter not released on a timely basis and emotions left unresolved allow a continuous flow of negative thought patterns to constantly invade our systems....so lets get this area cleaned up so we can feel true excitement with ease, joy and glory without fear. Give me a call at 816.438.3451



6 Easy Ways to Prevent Kidney Stones



Did you know that one in ten people will have a kidney stone over the course of a lifetime? Recent studies have shown that kidney stone rates are on the rise across the country. Those in the know believe that some major misconceptions may be the culprit.

The National Kidney Foundation has teamed up with Dr. Allan Jhagroo, a kidney stone specialist at the University of Wisconsin School of Medicine and Public Health, to help you stay stone-free this summer by debunking some of the major kidney stone myths and misconceptions.

"It's not just patients who have fallen prey to kidney stone misconceptions. It's surprising how many practicing doctors and nephrologists have the information all wrong when it comes to stones," said Dr. Jhagroo.

Have you succumbed to any of these myths?

Find out by learning the latest kidney stone facts!

The National Kidney Foundation sets the record straight with the **top 6 kidney stone prevention tips:**

1. Don't Underestimate Your Sweat. Saunas, hot yoga and heavy exercise may be good for your health, but they also may lead to kidney stones. Why? Loss of water through sweating - whether due to these activities or just the heat of summer—leads to less urine production. The more you sweat, the less you urinate, which allows for stone-causing minerals to settle and bond in the kidneys and urinary tract.

Instead: Hydrate with H₂O. One of the best measures you can take to avoid kidney stones is to drink plenty of water, with lemon if possible, leading you to urinate a lot. So, be sure to keep well hydrated, especially when engaging in exercise or activities that cause a lot of sweating.

2. It's Not Just the Oxalate. Oxa-what? Oxalate is naturally found in many foods, including fruits and vegetables, nuts and seeds, grains, legumes, and even chocolate and tea. Some examples of foods that contain high levels of oxalate include: peanuts, rhubarb, spinach, beets, chocolate and sweet potatoes. Moderating intake of these foods may be beneficial for people who form calcium oxalate stones, the leading type of kidney stones. A common misconception is that cutting the oxalate-rich foods in your diet alone will reduce the likelihood of forming calcium oxalate kidney stones. While in theory this might be true, this approach isn't smart from an overall health perspective. Most kidney stones are formed when oxalate binds to calcium while urine is produced by the kidneys.

Instead: Eat and drink calcium and oxalate-rich foods together during a meal. In doing so, oxalate and calcium are more likely to bind to one another in the stomach and intestines before the kidneys begin processing, making it less likely that kidney stones will form.

3. Calcium is Not the Enemy. But it tends to get a bad rap! Most likely due to its name and composition, many are under the impression that calcium is the main culprit in calcium-oxalate stones. "I still see patients who wonder why they are getting recurring stones despite cutting down on their calcium intake," said Dr. Jhagroo. "I've even had patients say that their doctors told them to reduce their calcium intake." A diet low in calcium actually increases one's risk of developing kidney stones.

Instead: Don't reduce the calcium. Work to cut back on the sodium in your diet and to pair calcium-rich foods with oxalate-rich foods.

Please see Back Page for the rest of the story.....

10 Reasons To Add Pineapple To Your Water Daily

According to Ayurveda philosophy, choices that you make regarding your daily routine either build up resistance to disease or tear it down. This is why you should start your day by focusing on healthy morning rituals such as drinking pineapple water on an empty stomach.

1. FIGHTS INFLAMMATION

Bromelain is an enzyme that has anti-inflammatory properties. Bromelain helps the body get rid of toxins by fighting off inflammation which impacts all the tissues and organs in the body. Regular consumption of pineapple can help to treat mild forms of arthritis and sports injuries by reducing inflammation and pain.

2. LOSE WEIGHT

Due to the fiber contained in pineapple, it takes more time to digest thus causing a prolonged feeling of satiety. Drinking pineapple water in the morning prevents sugar and fat cravings. Thiamine helps boost your body metabolism by converting carbohydrates into energy.

3. RIDES PARASITES

Pineapple contain an enzyme bromelain, that is anti parasitic. A couple sources state that a three day pineapple fast will kill tape worms.



6 Easy Ways to Prevent Kidney Stones Cont.

4. It's Not One and Done. Passing a kidney stone is often described as one of the most painful experiences a person can have, but unfortunately, it's not always a one-time event. Studies have shown that having even one stone greatly increases your chances of having another. "Most people will want to do anything they can to ensure it doesn't happen again," said Dr. Jhagroo. "Unfortunately, it doesn't seem to be the case that people make the changes they need to after their first stone event." Research conducted by Dr. Jhagroo shows that those with kidney stones do not always heed the advice of their nephrologists and urinary specialists. About 15% of kidney stone patients didn't take prescribed medications and 41% did not follow the nutritional advice that would keep stones from recurring.

Instead: Take action! Without the right medications and diet adjustments, stones can come back, and recurring kidney stones also could be an indicator of other problems, including kidney disease.

5. When Life Hands You Kidney Stones... don't fret. And as the saying goes, "make lemonade." It's important to consider dietary remedies alongside prescription medications. While it may seem easier to just take a pill to fix a medical problem, consider what lifestyle changes will also make a big impact on your health.

Instead: Next time you drive past a lemonade (or limeade) stand, consider your kidneys. Chronic kidney stones are often treated with potassium citrate, but studies have shown that limeade, lemonade and other fruits and juices high in natural citrate offers the same stone-preventing benefits. Beware of the sugar, though, because it can increase kidney stone risk. Instead, buy sugar-free lemonade, or make your own by mixing lime or lemon juice with water and using a sugar substitute if needed. "We believe that citrate in the urine may prevent the calcium from binding with other constituents that lead to stones," said Dr. Jhagroo. "Also, some evidence suggests that citrate may prevent crystals that are already present from binding with each other, thus preventing them from getting bigger."

6. Not All Stones are Created Equal. In addition to calcium oxalate stones, another common type of kidney stones is uric acid stones. Meat and most high-protein foods have high concentrations of a natural chemical compound known as purines. "High purine intake leads to a higher production of uric acid and produces a larger acid load for the kidneys to excrete," said Dr. Jhagroo. Higher uric acid excretion leads to lower overall urine pH, which means the urine is more acidic. The high acid concentration of the urine makes it easier for uric acid stones to form.

Instead: To prevent uric acid stones, mind your meats and limit your seafood intake. Cut down on high-purine foods. These include organ meats such as liver, tongue, and sweetbreads, anchovies, sardines, bacon, beef, seafood such as lobster and shrimp, cauliflower, codfish, ham, veal and venison.

The ones who notice the storms in your eyes, the silence in your voice and the heaviness in your heart are the ones you need to let in.

Tired Not Sad

6 LESSONS LEARNED ON A SPIRITUAL PATH

When people make the choice to pursue a life of personal development and spirituality, they encounter certain universal lessons that seem to arise as archetypes. If you are on a path of higher consciousness, there is a good chance you have experienced these realizations already. What's great about lessons learned on a spiritual path is that these same lessons were learned by people 1000, 5000 and 10,000 years ago.

1) Other people are a reflection of you

The outer world mirrors your inner world. And no, this is not just some cute cliché that I'm putting in this list because it gets thrown around a lot. Walk into a store in a frustrated mind-identified state of consciousness. Walk into that same store after meditating for 5 minutes. Now, walk into that same store after meditating for 30 minutes out in nature. Notice the quality of the energy around you. Notice how people seem to behave differently and respond to you differently. It's almost like walking into a new universe. Relationships are the biggest spiritual mirror of all. Pay attention to the little things that bother you about people in your life, and everything that makes you angry, frustrated, or impatient can teach you something about yourself.

2) You realize you have power and responsibility

You are a powerful creator of your own life and of the world around you. But with this power comes responsibility. Once you realize that you hold the power to shift your consciousness, to expand your mind, to center yourself, and to reach higher truths about yourself, it is your obligation to share that knowledge and wisdom with the world. What good is spiritual wisdom if it remains an unshared secret? Once you change yourself, it's your job to encourage others to be the change as you try your best to be the change.

3) The more you know, the more you don't know

The more you learn in life, the more you realize you don't know. Every new lesson and experience shatters old assumptions you had about the way the world works. And every lesson you learn about yourself shatters old belief systems you had about who you thought you were. Part of being on the spiritual path is knowing that there is always room to grow, and that what you "know" now may very well change with a new experience.

4) Love gets you further than fighting Love creates more good than fighting does. Fighting is necessary sometimes, but only insofar as it contributes to a greater degree of love. For example, fighting in relationships or with friends may catalyze an even stronger friendship, but only because it helps you understand and love each other more deeply. People on a spiritual path would rather love, forgive, and understand than fight, bicker, and judge each other. To love and accept others is to love and accept yourself.

See Back Page for the rest of the story

Pineapples contain iodine and bromelain that are effective in improving various autoimmune disorders thus, effective in easing symptoms associated with thyroiditis.

5. **ELECTROLYTES** Pineapple contain potassium which helps make our body a lot stronger and maintain the proper balance of electrolytes in your body preventing cramps or other injuries.

6. **HEAVY METALS** Pineapple is loaded with fiber, beneficial enzymes and a host of antioxidants that help to detox your body from heavy metals and toxins.

7. **DIGESTIVE AID** Bromelain in pineapple helps the body digest proteins more efficiently.

8. **GUMS AND TEETH** Bromelain in pineapples acts as a natural stain remover, according to Dr. Frawley. Bromelain also helps break up plaque effectively.

9. **IMPROVES VISION** Pineapple contains beta-carotene and vitamin A that is good for eyesight. Data indicates 3 or more servings of pineapple per day may lower your risk of age-related macular degeneration, the primary cause of vision loss in older adults.

10. **CANCER PROTECTION** Research published in the journal *Planta Medica* found that bromelain was superior to the chemotherapy drug 5-fluorouracil in treating cancer in an animal study.

From the Desk of: *Amanda ... LMT*

He who works with his hands is a laborer. He who works with his hands and head is a craftsman.

He who works with his hands, head and heart is an artist.

-St Francis of Assisi

I also believe the most valuable tool you have as a massage therapist is a set of ears. Whether it's to listen to someone that needs to vent or let go, or to listen to the body itself. Your body can tell me more than you ever can by simply listening I know the likes and dislikes of your massage preference. What you can take, or not take. Each massage is tailored to just you and I guarantee that because I can hear what your muscles are telling me.

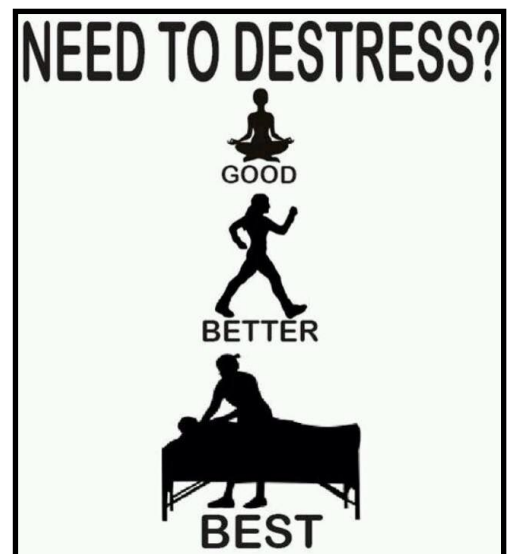
Although physical strength is a necessity, massage is not a "battle of the brawn". It is a carefully choreographed anatomical dance with your body. What one area needs, another might not. A combination of modalities taught thru knowledge and turning this knowledge into experience is what will ensure that you get the best massage for your health.

I specialize in a combination of deep tissue, Thai on the table, myofascial release, muscle release, and ART. Also prenatal, fibromyalgia massage, and a very light touch, when one requires.

I have over 10 years experience and in that time I have perfected my dance by adding what I hear my clients need moment by moment.

There are good massage therapists...there are better massage therapists.....however if you would like the best one than give me a call 816.522.4713.

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Kellings Healthy Tid Bits

⇒ **Mental Attitude: Does IQ Determine How Much Alcohol a Young Man Drinks?** Swedish researchers have found that lower male IQ scores are linked to greater risks for heavy and binge drinking behaviors. The research team separated the nearly 50,000 male study participants into nine groups based on IQ scores from highest to lowest. They found that the risk of heavy drinking increased 20% and the risk of binge drinking increased 9% as they moved each level downwards towards the group with the lowest IQ scores. While it's believed that many factors may influence an individual's alcohol consumption, those with higher IQ scores may be more likely to make lifestyle choices that would steer them clear of situations that encourage heavy drinking.

Alcoholism: Clinical & Experimental Research, March 2015

⇒ **Healthy Alert: Family History of Prostate Cancer May Be Linked to Breast Cancer Risk.** A family history of prostate cancer may be tied to a woman's risk of breast cancer. Researchers found that women whose father, brother, or son have had prostate cancer may have a 14% greater risk of developing breast cancer when compared with women whose male family members have not had prostate cancer. They also found that women with a family history of both prostate and breast cancer have a 78% greater risk of developing breast cancer when compared with women whose family histories have neither. The findings call attention to the need for women to know their complete family medical history, particularly cancer diagnosed among first-degree relatives, including fathers, brothers and sons.

Cancer, March 2015

⇒ **Diet: Could This Olive Oil Compound One Day Fight Cancer?** Oleocanthal, a compound in extra virgin olive oil, has been observed to cause cell death in cancer cells; however, scientists have been unable to determine how it worked. Now, researchers claim that oleocanthal acts by rupturing the lysosomes found in cancer cells causing cell death within 30 minutes while leaving non-cancerous cells untouched. Study co-author Dr. Paul Breslin notes, "The mechanism of killing cancer cells and sparing healthy cells lysosomal membrane permeabilization, has been hypothesized as a possible mechanism of effectively killing cancer cells and sparing healthy tissues but has never been realized before. Our realization of this makes this paper of particular therapeutic interest for cancer treatment".

Molecular & Cellular Oncology, January 2015

⇒ **Chiropractic: Stretching Can Help Office Workers with Neck and Shoulder Pain.** For office workers with chronic neck and shoulder pain, a recent study found that performing neck and shoulder stretching exercises at least three days a week led to significant improvements in both pain and function.

Clinical Rehabilitation, March 2015

⇒ **Wellness/Prevention: Benefits From Diet and Exercise.** A healthy diet combined with exercise can lead to many benefits. The Weight-Control Information Network lists the following benefits of exercise: keeps your body energized for work and play, improves ability to manage stress, promotes a positive self-image, improves the fit and look of clothing, tones muscles, and creates a positive example for family and friends.

The Weight-Control Information Network, March 2015

“When people don't express themselves, they die one piece at a time.”

Laurie Halse Anderson

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Lessons on a Spiritual Path

5) Suffering is a catalyst for growth This point really speaks for itself. If we could all choose our “ideal” life, we would instinctively choose one filled with happiness, friendships, our dream job, our dream lifestyle, etc. But how many would choose heartbreak, depression, anxiety, failure, and loneliness? What if, by experiencing these things, we develop more wisdom, more personal depth, more appreciation for the miracle of life, and more knowledge? As it turns out, a life that includes these ingredients often leads to a much happier and more rewarding life. Suffering means you are expanding into something new.

6) Other people’s opinions don’t matter A lion doesn’t concern himself with the opinions of a sheep. On a spiritual path, a lot of people are going to judge and mock you. You will be bullied for your different beliefs, values, and way of thinking. But who gives a care what other people have to say about you? Are you happy? Are you on the path you know you need to be on at this point in your life? Stay true to who you are, and the universe will provide you with relationships that nurture your individuality.

Oh, I'm sorry. I didnt realize you were an expert on my life and how I should live it. Please continue while I take notes.

