

KELLING CHIROPRACTIC



August, 2015

It has always been a priority of mine to give my patients the best in chiropractic care and healing modalities. This also extends to the articles that are chosen to be written and shared with all my patients through this newsletter.

I saw the following article in the Kansas City Star and would like to share it with you as I feel it is of the upmost importance that you realize how dangerous mercury dental fillings are and this article can give you the necessary information to make an informed decision regarding your dental visits.

A Secret Lurks In Mercury Dental Fillings

WASHINGTON Senior U.S. health officials have squelched a proposal that would have curbed dentists' use of mercury in treating Americans' decayed teeth.

The proposal, approved by top Food and Drug Administration officials in late 2011 and kept secret since, would have told dentists they should not use mercury fillings in cavities in pregnant women, nursing moms, children under 6 and people with mercury allergies, kidney diseases or neurological problems.

It also urged dentists to avoid using fillings that contain mercury compounds in any patient, where possible.

These quotes are brought to you by Joseph Campbell the great author of The Power of The Myth.

"Find a place inside where there's joy, and the joy will burn out the pain."

"Sit in a room and read....and read and read....and read the right books by the right people. Your mind is brought onto that level, and you have a nice slow burning rapture all the time."

"If you see your path laid out in front of you step by step, you know its not your path. Your own path you make with every step you take. That's why its your path."

"Life is like arriving late for a movie, having to figure out what was going on without bothering everybody with a lot of questions, and then being unexpectedly called away before you find out how it ends."

*"Every saint has a past
and every sinner
has a future."*

- Oscar Wilde



© Let the wolves run free!

*The body heals with play,
The mind heals with laughter,
And the spirit heals with joy.*

Proverb



SIBO.....The New Medical Buzz Word by Linda Laskowski Cct

One day soon, I am hoping the medical profession honestly comes up with a research that we haven't been teaching for years. Probiotics used to be a dirty word in the medical world and you would have to be on hands and knees to get a prescription, than they did their "research" and their are ads on TV for all kinds of doctor recommended probiotics.

Now we have SIBO...the dreaded SIBO....and once again we have been teaching people for years about SIBO....small intestine bacterial overgrowth.....and we call it by its original name YEAST. They are working overtime developing pharmaceutical drugs to cure you of SIBO and they have estimated that the sales of these drugs will sky rocket before the end of the year.

Seriously, this is what SIBO is....its yeast it has always been yeast, yeast that lives in your small intestine and gets out of control, just like the yeast that lives in your lungs, large intestine, stomach, brain, liver....name an organ.

What we need to look for if you are not being guided by a health practitioner is a probiotic that will colonize in the stomach and have enough good bacteria to be able to last through the small intestine and have the strength to once again colonize. Most OTC (over the counter) brands do not have the strength to do this and what happens is the yeast continues to grow and harden. Harden yeast because like shards of steel that can cut through organs with deadly results. SIBO is more serious simply because it is in the small intestine that you digest your food and send the results in the form of proteins, starches, fats, amino acids to the various organs.

When this process is interrupted than you slowly die of malnourishment, this takes years of course and in the process it causes constipation, bloating, cramping, serious menstrual problems, sleep disorders, just about anything you can think of. 85% of your immune system is located in the small intestine, so if your immune system is preoccupied with yeast invaders it can't concentrate on any other invaders ready to enter your system.

I have been singing the same song for over 25 years on the importance of taking your probiotics, whether you do it in the form of a capsule or you have a protein shake that it is incorporated into....however you do it....get it done. There are days depending on the clientele that I have seen and what they have brought to me mostly in the form of the flu or infections or anything else contagious that determines whether I open capsules of probiotics and add them to my shake in the morningas I say all the time you can't take too many probiotics. With this routine I can honestly say I haven't been sick in over 15 years.

It is of the utmost importance that babies are introduced to probiotics shortly after birth. During the birthing process when the baby is traveling down the birth canal many chemical changes occur as the head is squeezed slightly, it signals the gut to start to colonize the good bacteria in the babies system. When you add probiotics shortly after birth it helps with colic, spitting up, sleeping, gas, it makes for a happy baby. If your child is born caesarean this process is skipped but can easily be fixed by adding probiotics via nursing or by bottle.

Please try your best to obtain a pharmaceutical natural grade of probiotics. One obtain via WalMart may save you a few dollars at the check out however in the long run you will spend more money trying to get the results that aren't available in the cheaper brands.

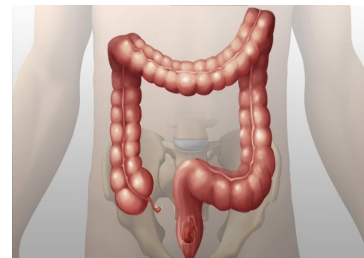
Getting a professional brand will insure that you get colonization in both the stomach, small and large intestine. If you are interested in obtaining a quality probiotic you can either choose a Standard Process brand by calling 816.628.6141 or one through Viable Options by calling 816.438.3451

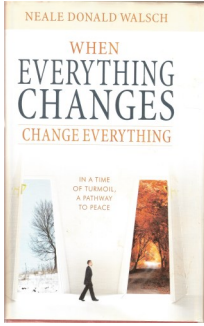
I would like to add a few words on the wonders of massage therapy especially when it is added to colon therapy.

Colonics are the end health modality of any other program one chooses. Massage helps to loosen up and relax one as it also starts to move debris through the lymph system. If you choose to incorporate colonics after a massage it helps the body to totally release all the toxins. The best results are seen when one combines both systems.

We have the pleasure of having two wonderful massage therapists with different techniques.

Dawn can be reached through Kelling Chiropractic calling the front desk through Amber at 816.628.6141 and Amanda who owns Northland Therapeutic can be reached at 816.522.4713.





Many changes are occurring now in the lives of all of us, but does “change” have to equal “crisis”? No. Not if you have the means with which you can change your experience of change.

This book was invaluable to me when I lost my husband 3 years ago and I would like to share the quote on Page 16 that helped me understand that the changes that were happening to me weren't like everyday choices. This was a life altering change not a change of mind, a change of what I was going to eat for lunch, a change of what I was going to wear that day. This change altered my life, my dreams, my hopes, my desires and so I like many were ill equipped, having lost all my reference points, to handle and understand these changes, then I read this quote.

I hope it will help everyone going through radical change.

“Change is the shifting of any circumstance, situation, or condition, physical or nonphysical, in such a way that the original is rendered not merely different from what it was, but altered so radically as to make it utterly unrecognizable and impossible to return to anything resembling its former state.”

How Are You Handling Change?

It's Time To Cook.....

BACON...BROCCOLI SALAD

- 2 pounds broccoli florets
- 10 slices crisply cooked bacon, crumbled
- 1/2 cup chopped red onion
- 1/2 cup golden raisins
- 1/2 cup cashews
- 1/2 cup sliced water chestnuts
- Dressing:
 - 1 cup mayonnaise
 - 1/2 cup sugar

Toss broccoli, bacon, red onion, raisins, cashews, and water chestnuts together in a large bowl. Whisk mayonnaise, sugar, and together until smooth; pour over salad and toss to coat. Cover bowl with plastic wrap and refrigerate until the dressing sets, at least 4 hours.



Marinated Grilled Shrimp

- 3 cloves garlic, minced
- 1/3 cup olive oil
- 1/4 cup tomato sauce
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 2 pounds fresh shrimp, peeled and deveined

1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.
2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.

Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

Are Holes in Your Gut Causing Chronic Inflammation?

When your body is healthy, you have a powerful army that defends you against invading bugs and foreign particles, such as viruses, bacteria, and parasites. That army is your immune system, and it polices your gut and blood stream for anything it deems foreign. Your immune system is a complex network of specialized cells and organs that work hard to differentiate between self and “no self”—that is, between what’s you and what’s not.

Your immune system’s main weapon is to make antibodies against germs and large particles. Unfortunately, your army can sometimes mistakenly identify your own cells as foreign.

This is called autoimmunity, in which the immune system fails to recognize its own cells and produces antibodies against its own tissues, also known as autoantibodies. It’s like war on yourself, with your immune system on one side, and your healthy cells on the other side. Autoimmunity leads to chronic inflammation and tissue destruction, pain, and loss of function. While many more people have autoimmunity, approximately 100 million progress to have autoimmune disease, which is the point at which you have tissue destruction and measurable signs of disease.

Sadly, the number of people with autoimmune disease has risen dramatically in the past decade, as the number of individual autoimmune diseases has risen to more than 100. Conservatively, autoimmune disease affects more than 5 percent of the population in Western countries, and disproportionately affects women. While researchers are unclear on the exact reason why women are more vulnerable to autoimmunity, the leading hypotheses suspect a complicated interplay of genetic, hormonal, nutritional, stress, and other lifestyle factors. What distinguishes one autoimmune disease from another is simply the part of the body (the type of tissue) that is under attack. For example, Hashimoto’s thyroiditis targets the cells of your thyroid. Multiple sclerosis attacks the myelin of nerve cells. Rheumatoid arthritis involves an autoantibody attack against the joints, whereas celiac disease involves an autoantibody attack against the intestinal cells. Regardless of the particular disease, the underlying cause is an overactive immune system, which explains why autoimmune disorders are commonly treated with steroids and other immune-suppressing medications.

The gut wall (that is, the lining of the intestines) is made up of a single layer of tiny cells which allow nutrients and water in while keeping bacteria, large proteins, and other toxins out. You can think of the gut wall as the bouncer of the body, giving access only to those worthy of entry while keeping the trouble makers and the “bad guys” away. Nobody likes to think about it, but the intestines are a pretty toxic place. We ingest toxins on a daily basis—from the margaritas we sip to the very air we breathe—which is why a healthy gut wall is critical to maintaining strong immunity and overall good health. Apparently Mother Nature thought so too when she placed about 70% of our immune system in and around the gut wall.



See Back Page for Inflammation

The Muscles In Our Neck That We Forget About.....

by Amanda Mcracken, LMT

Sternocleidomastoid and scalenes.....

For the first many years of my life as a massage therapist I treated neck pain as anyone with any common sense would. "The pain in my occipital ridge that creates headaches clearly comes from the back of my neck." But for as common and likely that is, there's also another offender.

The sternocleidomastoid (SCM) and the scalenes.

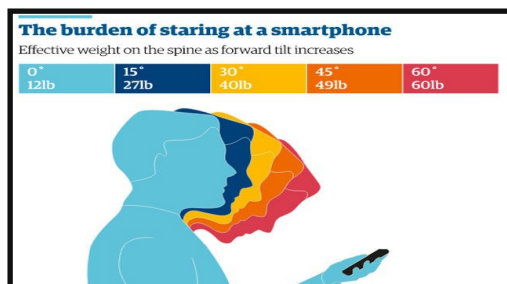
So much of our adult lives are spent hunched over a computer, lap top, texting, scrolling Facebook, or driving in bumper to bumper traffic, ice, snow or rain. All of the above contract the muscles in the front of your neck! The sternocleidomastoid and scalenes. These muscles also are used when we clench our

teeth, which if done, most people are not even aware of it. These muscles, even though they are located in the front of the neck muscles, attach at the back of the skull on the occipital ridge.

Making the pain seem like it's coming from the back.

I myself suffer from neck pain from old trauma and still took me almost 10 years to realize what was happening. The next time you start to feel a headache coming on, roll your head around in a full circle. Not just stretching the back, but giving

the front a real good stretch and you'll be amazed how tight the front and sides of your neck are. Then call your massage therapist..... I'll be waiting for your call.....



A Little Something I wanted to add about Colon Therapy....

Having a healthy digestive system doesn't always mean colonics aren't for you.

When Linda and I first started working together, we made appointments with each other to better describe to our clients our gifts and talents. I received my first colonic from Linda and at first glance she told me that I have a healthy digestive system. Whatever I was eating I was digesting well.

I have a silent predator though. Heavy metals. We all have them to a certain degree in our system. Aluminum leaches into our system through our deodorant, aluminum cans, canned soda pop, mercury in old dental fillings, etc. Some tattoo pigments also draw their color from mercury, cadmium and iron oxide. I've worked with massage oil and essential oils for over 10 years and all of the sudden one day I woke up and I could taste them every time I touched them. I could also taste hand sanitizer..... after asking many questions I started to believe and now I know I am heavy metal toxic.

This is where Linda and I had to start all over. Heavy metals cling to your system like oil. they need a degreaser. so now I am on a heavy metal support supplement and scheduled colonics regiment. sometimes you don't even know you feel bad until you start to feel better..... thank you Linda.

A Secret Lurks In Mercury Dental Fillings.....Cont. from Page 1

The proposal and its rejection, after a cost-benefit analysis by officials at the Department of Health and Human Services, put the Obama administration in the awkward position of concealing for over three years a safety communication potentially affecting millions of Americans.

The FDA has defended the safety of mercury fillings since the agency's inception in 1930 and especially during an ongoing, 23-year legal battle with consumer groups. Consumer lawyers are pressing the government to ban the compounds, as Denmark, Norway and Sweden have done.

The "safety communication" was drafted in response to citizen petitions and an FDA advisory panel of outside experts, several of whose members expressed concerns in 2010 that the agency had not gone far enough to protect vulnerable groups.

The first public hint that the agency might shift its position came during a town hall meeting in September 2011 in San Francisco, where Jeffrey Shuren, director of the FDA's Center for Devices and Radiological Health, heard from several dental patients. They described recovering from severe health problems after having their mercury fillings removed and taking chelation agents — supplements that can help flush toxins from the body.

In the Kansas City area, Susan Rustici of Independence tells a similar story. She developed symptoms of aching muscles, anxiety, depression and neurological issues that first surfaced in 1999 and that she eventually attributed to mercury in her teeth.

"I just had extreme fatigue that lasted and lasted and lasted," said Rustici, now 60.

Married to a chiropractor, she had long been a student of alternative healing methods and had followed the work of a mercury-free dentist.

She had her mercury-and-silver alloy fillings replaced with newer composites and believes her health and energy improved as a result. She recalls being at a movie theater and realizing she could go up and down the stairs without her husband's help.

"I had tears of joy," she said. "I knew I was on the other side of this."

Shuren heard the same sort of story in San Francisco and said he expected the agency to issue a new policy by the end of 2011. Instead, sometime later, the Department of Health and Human Services quietly killed the FDA's communication.

Jeff Ventura, a spokesman for both the Health and Human Services Department and the FDA, declined to comment because the government's regulation of mercury in dentistry is a subject of litigation. The citizen groups sued in federal court last year to compel the agency to respond to their petitions.

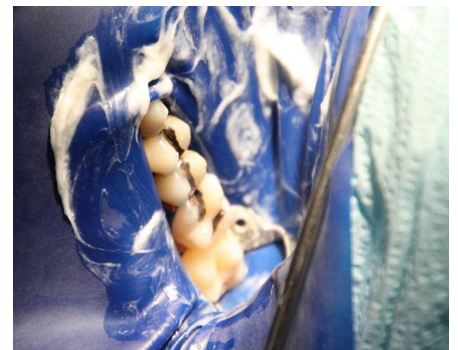
"FDA will continue to evaluate the safety of dental amalgams and will take any further actions that are warranted," Ventura said.

Department officials concluded that the out-of-pocket costs of patients with dental insurance coverage would triple if they had to pay for alternative fillings, imposing an unfair burden on low-income Americans who might then neglect decaying teeth, said an administration official who insisted on anonymity because disclosure of the information was not authorized.

The price difference for patients to fill a cavity with the most popular and economical alternative, tooth-colored composite resins, can be about \$100.

An American Dental Association survey in 2009 indicated 54 percent of U.S. dentists used mercury fillings, a durable, easy-to-use remedy for over 160 years. However, the number of dentists abandoning those products has risen steadily over the last 20 years as concerns about the toxin's effects have mounted and alternatives have improved. The fillings are still used in taxpayer-funded Medicaid and Medicare programs for the poor and the elderly, in the military, in prisons, on Indian reservations and by doctors serving price-sensitive patients.

The last time the U.S. Public Health Service surveyed Americans about their dental work, from 2001 to 2004, it estimated that dentists had repaired 1.46 billion teeth in 181 million Americans, the majority with mercury fillings.



See Page 7 Secret Lurks In Mercury Dental Fillings

Secret Lurks In Mercury Dental Fillings.....Cont. from Page 6

Although it's reasonable to conduct cost-benefits analyses, "the government should share what it knows. It should not be hiding, it should not be yielding to lobbying of any sort," said Art Caplan, director of the Division of Medical Ethics at New York University's medical school.

If FDA officials "don't get accurate information out there, then this all shifts to the Internet and the land of the crazy and the thoughts of the goofy," he said.

James Love, an Oklahoma lawyer who in 2009 filed one of three citizen petitions contending the agency should have acted more forcefully in a rule issued in 2009 covering mercury fillings, took a harsher view.

"If you inject cost-benefit analysis into the equation," he said, "then we're going to justify legally poisoning people."

The 157,000-member American Dental Association, which has lobbied for years against restrictions on mercury fillings, cites studies it maintains demonstrate they're safe.

The stakes for active dentists could be high. If it were established that mercury fillings were sickening people, dental product manufacturers and ten of thousands of dentists could face heightened legal exposure.

The dental association has taken a hard line on the issue, adopting a provision in its code of conduct advising dentists that it would be "unethical" to tell patients their health would improve if their fillings were removed.

Kelling's Healthy Tid Bits

⇒ **Mental Attitude: Depression Associated with Inflammation in the Brain.** According to a new study, clinical depression is associated with a 30% increase of inflammation in the brain. The researchers' findings are based on brain PET scans comparing 20 patients with depression and 20 healthy control patients. They did not find any support to suggest inflammation increased the risk for depression and thus conclude that depression is more likely to contribute to inflammation in the body.

JAMA Psychiatry, January, 2015

⇒ **Diet: Soda Consumption May Prompt Early Puberty in Girls.** Harvard researchers report that girls who consume a lot of sugary drinks may enter puberty earlier than girls who do not consume such beverages. The female participants in their study who drank more than 1.5 servings of sugary drinks per day began having periods 2.7 months earlier than those who drank two or less sugary drinks per week. Study author Dr. Jenny Carwile adds, "Starting periods early is a risk factor for depression during adolescence and breast cancer during adulthood. Thus, our findings have implications beyond just starting menstruation early."

While this study does prove that drinking sugary drinks causes early puberty, the researchers add that there is not good reason for anyone to drink sugar-sweetened drinks or sodas regularly at any age.

Human Reproduction, January, 2015

⇒ **Exercise: Muscle Weakness Affects 1 in 5 Older Americans.** 20% of Americans 80 years of age and older have weak muscle strength, according to experts at the Centers for Disease Control and Prevention (CDC). Prior studies have linked fading muscle strength to slower walking speed and an increased risk of death. The CDC recommends that seniors should strive to maintain optimal physical conditioning through good overall preventative care, nutrition and exercise.

Centers for Disease Control and Prevention, January, 2015

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The scientific name for leaky gut syndrome is intestinal hyper permeability, which essentially translates to “an excessively permeable intestinal lining.” When the gut wall develops tiny holes in it, it’s as if the bouncer has left the door unattended, allowing all the bad guys to flood in and cause a ruckus. Considering that the gut wall is only a thin layer of cells, it’s easy to imagine how toxins often sneak past it and find their way in to the rest of your body. This is precisely what happens when you have a leaky gut:

Unwanted toxins crash your immune system and the body shuts down with inflammation.

Ordinarily, the toxins that remain in your intestines “leak” into your body, triggering inflammation in the tissue surrounding your gut wall. Over the short term this isn’t such a big deal, since our immune system is designed to handle short breaches in security. But over the long-term the immune system becomes overwhelmed, allowing toxins to sneak into the bloodstream, and “troll” our systemic circulation. Through a process known as translocation, these toxins can travel to virtually any part of the body and incite an inflammatory immune response wherever they land

Give us a call we have chiropractic adjustments, acupuncture, foot baths, massage, colon therapy, nutritional support to help you rid your body of inflammation.