



KELLING CHIROPRACTIC

310 S. Platte Clay Way

Kearney, MO 64060 816-628-6141



Newsletter

June 2017

Let's Talk About Ribs

No, not the ribs with barbeque sauce...the ribs that can get out of alignment. Three out of four patients have ribs out of place and don't even know it. They are, however, aware of all the symptoms associated with it.

You can experience chest pain as a symptom. Every week, someone has visited an emergency room with chest pain and ended up in our office after they've spent thousands of dollars on tests to find the source. Typically, ribs are back in place within 2-4 visits.

Several ribs out of place across your shoulders and upper back may trigger muscle spasms that will get your attention. You can take muscle relaxers for the next 6 months but it won't get at the cause of the problem.

A rib out of alignment under your shoulder blade may cause a sharp pain that radiates around to the side and causing stomach discomfort, heartburn, and nausea.

A large bundle of nerves pass under the first rib and down both arms. Quite frequently, when you experience numbness down your arms, the first rib is out of place and is compressing the nerves.

If your problem has been there a while, it may take a few treatments(6-10)to correct. Physical therapy and massage therapy may be required to accelerate recovery. We will often tape the area involved in order to assist the muscles and ligaments in the healing process. Eventually, we will advise of exercises to strengthen the injured area so that the problem does not re-occur.

Remember, the sooner you come in, the fewer visits it will require to correct the problem.

Dr. Kelling

Last month, we examined the Ketogenic diet and we have been pleasantly surprised by the number of patients that have visited and shared their experience with it.

One patient told of her weight loss and increased energy she had experienced by following the Ketogenic plan. Not one diet is suitable for all. In this newsletter, we will re-view the Mediterranean diet. Find the one that works best for your goals.

Forget the former things: Do not dwell on the past. See I am doing a new thing. Now it springs up, do you not perceive it? I am making a way in the desert and streams in the wasteland.

Isaiah 43:18-19

Benefits of Turmeric and Curcumin

Many high quality studies show that they have major benefits for your body and brain. Turmeric is the spice that gives curry its yellow color. It has been used in India for thousands of years as a spice and medicinal herb.

Recently, science has started to back up what the Indians have known for a long time... it really does contain compounds with medicinal properties. These compounds are called curcuminoids, the most important of which is curcumin.

- ◆ Curcumin is the main active ingredient in turmeric. It has powerful anti-inflammatory effects and is a very strong antioxidant. Curcumin has also proven to be a natural anti-inflammatory compound.
- ◆ Curcumin has powerful antioxidant effects. It neutralizes free radicals on its own, then stimulates the body's own antioxidant enzymes.
- ◆ Curcumin boosts levels of the brain hormone BDNF, which increases the growth of new neurons and fights various degenerative processes in the brain.
- ◆ Curcumin has beneficial effects on several factors known to play a role in heart disease. It improves the function of the endothelium and is a potent anti-inflammatory agent and antioxidant.
- ◆ Curcumin can cross the blood-brain barrier and has been shown to lead to various improvements in the pathological process of Alzheimer's disease.
- ◆ Arthritis is a common disorder characterized by joint inflammation. Many studies show that curcumin can help treat symptoms of arthritis.



THE IMPORTANCE OF YOUR BODY'S pH BALANCE

Our bodies live and die at the cellular level. The billions of cells in our bodies must maintain alkalinity, in order to function and stay alive. The first line of defense against disease is a proper pH balance. Disease can only grow in an acidic body, which makes a condition favorable for the growth of bacteria, yeast, fungus, mold, viruses, and any other unwanted organisms. Cancer always strikes those with an over-acidic body.

An acidic state causes a lack of oxygenation at the cellular level. When the pH level falls below 7.4, there is less than the maximum oxygen in the blood. Blood carries the maximum oxygen at pH 7.4 (alkaline). Without proper oxygenation, unfriendly bacteria, mold, and viruses will prosper.

When the human body is in an acidic state, it will try to shield itself from the damaging acid by storing the acid in fat cells. The body tries to prevent the acid from eating holes in tissues. When the acid level is high in the body, calcium is also depleted. Your body may make fat cells in order to store unwanted acid for its own protection. This process may save your vital organs from severe damage. By returning to a balanced pH level, you may lose unwanted fat cells.

Osteoporosis is an acidic problem. As the body becomes more acidic, calcium is depleted. The body will then leach calcium from bones, teeth, and tissue to make up for this loss. One of the first warning signs is calcium deposits in the body, which come from the calcium in our teeth and bones and not from nutritional calcium.

Most fruits and vegetables, including citrus, make your body alkaline. You need 8 servings of fresh fruit and vegetables to keep your body alkaline. Meat, dairy, and grains make your body acidic. I recommend that your food intake should be 75% alkaline foods.

Not only do foods make your body alkaline or acidic. Emotions such as anger, hate, sadness, despair, and loneliness also change your body chemistry to acidic. Happy emotions, such as love, make your body pH alkaline.

You can test your pH level by putting pH paper, which you buy at your local health food store, in your mouth and wetting it with your saliva. Then compare the color the paper turns with the given chart. The optimal pH level is between 7.2-7.4.

Sonja Benjamin

What is the Mediterranean Diet?

The Mediterranean Diet is a way of eating based on the traditional foods (and drinks) of the countries surrounding the Mediterranean Sea. Researchers noted that these people were exceptionally healthy compared to Americans and had a low risk of many killer diseases. The Mediterranean Diet is not a diet, as in “go on a diet,” even though it is a great way to lose weight or improve your health. Rather, it is a lifestyle – including foods, activities, meals with friends and family, and wine in moderation with meals. Numerous studies have now shown that the Mediterranean diet can and help prevent heart attacks, strokes, type 2 diabetes and premature death.

The Basics

Eat: Vegetables, fruits, nuts, seeds, legumes, potatoes, whole grains, breads, herbs, spices, fish, seafood and extra virgin olive oil.

Eat in Moderation: Poultry, eggs, cheese and yogurt.

Eat Only Rarely: Red meat.

Don't Eat: Sugar-sweetened beverages, added sugars, processed meat, refined grains, refined oils and other highly processed foods

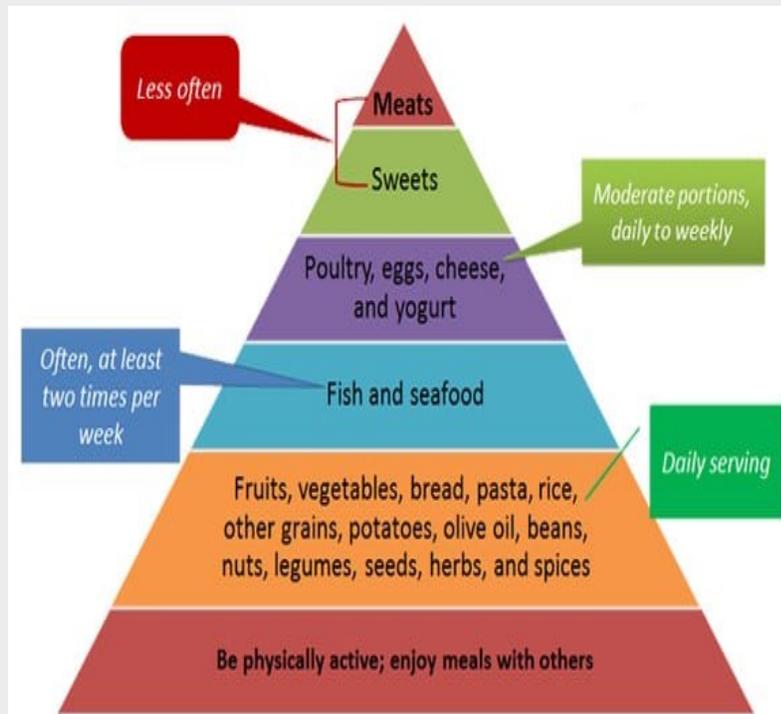
Avoid These Unhealthy Foods

- **Added sugar:** Soda, candies, ice cream, table sugar and many others.
- **Refined grains:** White bread, pasta made with refined wheat, etc.
- **Trans fats:** Found in margarine and various processed foods.
- **Refined Oils:** Soybean oil, canola oil, cottonseed oil and others.
- **Processed meat:** Processed sausages, bacon, hot dogs, etc.
- **Highly processed foods:** Everything labelled “low-fat” or “diet” or looks like it was made in a factory.

Foods to Eat

- **Vegetables:** Tomatoes, broccoli, kale, spinach, onions, cauliflower, carrots, Brussels sprouts, cucumbers, etc.
- **Fruits:** Apples, bananas, oranges, pears, strawberries, grapes, dates, figs, melons, peaches, etc.
- **Nuts and Seeds:** Almonds, walnuts, Macadamia nuts, hazelnuts, cashews, sunflower seeds, pumpkin seeds and more.
- **Legumes:** Beans, peas, lentils, pulses, peanuts, chickpeas, etc.
- **Tubers:** Potatoes, sweet potatoes, turnips, yams, etc.
- **Whole Grains:** Whole oats, brown rice, rye, barley, corn, buckwheat, whole wheat, whole grain bread and pasta.

- **Fish and Seafood:** Salmon, sardines, trout, tuna, mackerel, shrimp, oysters, clams, crab, mussels, etc.
- **Poultry:** Chicken, duck, turkey and more.
- **Eggs:** Chicken, quail and duck eggs.
- **Dairy:** Cheese, yogurt, Greek yogurt, etc.
- **Healthy Fats:** Extra virgin olive oil, olives, avocados and avocado oil
- **Herbs and Spices:** Garlic, basil, mint, rosemary, sage, nutmeg, cinnamon, pepper, etc.



Dr. K's Tea Time

"Knowledge is the process of piling up facts; wisdom lies in their simplification."

Martin H. Fischer

"No man can wear one face to himself and another to the multitude without finally getting bewildered as to which may be true."

Nathaniel Hawthorne

"I am not that perfect Christian. I am one of the many that God is still working on."

Unknown

Lower Cholesterol and Triglycerides Naturally

Cholesterol is a waxy substance found in the fats in your blood. Your body needs cholesterol to make healthy cells and hormones such as estrogen for women and testosterone for men. There is more evidence to suggest if the total cholesterol is lowered below 200mg/dl, your brain health along with hormone production can be affected. HDL cholesterol is the good cholesterol, responsible for helping to pull plaque out of the arteries while LDL cholesterol is the bad cholesterol and *causes* plaque in the arteries.

Triglycerides are a type of fat that circulate in the blood stream and are usually increased with obesity, lack of exercise, increased consumption of alcohol, sugar and other simple carbohydrates. As triglycerides increase, HDL decreases. Plaque build up can lead to stroke, heart attack and poor circulation.

Fortunately, there are simple and basic steps you can take to lower LDL and increase HDL cholesterol. Diet and exercise are essential key factors in doing so.

Some of the best foods to eat to help lower triglycerides are legumes, green leafy vegetables, sardines, fish along with fruits such as apples and berries. Fish oil and omega-3 fatty acids not only lower triglycerides but also improve HDL cholesterol. LDL is raised by eating fatty meats such as beef and pork with a lessened negative effect from grass fed animals as opposed to grain fed. And as we've noted before, organic eggs are always a great source of omega-3.

What You Must Know if You Choose to Take Cholesterol Medication

If you chose to continue taking statin drugs, then it's vital that you understand the mechanism of action of these drugs.

They typically work by reducing an enzyme in your liver, which not only reduces the production of cholesterol, but it also reduces the production of coenzyme Q10. When you lower the production of coQ10, you increase your risk of a variety of different health problems.

Premature aging is one primary side effect of having too little coQ10 because this essential vitamin recycles other antioxidants, such as vitamin C and E.

CoQ10 deficiency also accelerates DNA damage. Therefore, it is absolutely vital to supplement with coQ10 if you're taking a statin drug. Unfortunately, many doctors fail to inform their patients of this fact.

Cholesterol is such an important issue, surrounded by so much confusion. Making sure you do your homework and discuss all options with your physician is crucial to your success in keeping your cholesterol and triglyceride levels in check.

Strawberry Spinach Salad

- 1 bunch of fresh spinach
- 1 cup sliced fresh strawberries
- 1/2 cup crumbled Gorgonzola, feta or goat cheese
- 1/2 cup raw pecans
- 1/4 cup balsamic vinegar
- 2 tablespoons honey
- 1/2 cup olive oil
- salt and ground black pepper to taste

Combine the spinach, strawberries, cheese, and pecans in a large bowl.

Stir the balsamic vinegar and honey together in a bowl; slowly stream the olive oil into the mixture while whisking continuously. Season with salt and pepper. Drizzle the dressing over the salad just before serving.



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All major credit cards accepted. For insurance coverage and billing, please direct your calls to Lisa

OUR STAFF

Dr. Brian Kelling M-W-F 8:00 AM—6:00 PM

Gail—Therapy Tammy– Therapy

Lisa-Insurance/Billing Krystle-Front Desk

Dawn, Hilary and Cheryl
Massage Therapists



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Did you Know????

Americans eat 18% more vegetables today than they did in 1970, but only a reported 11% of us eat the USDA recommended daily allowance.

