

Kelling Chiropractic

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Newsletter

September 2017

We Truly Are What We eat

Summer can be a difficult time to eat right. We are always in a hurry, tending to eat on the run. Often, we are consuming fast food, carry-out, delivery pizza, Mexican food and sandwiches. The problem with this scenario is the more of these foods you consume, the more sluggish you feel.

After 2 or 3 weeks of junk food binge eating, our body either gets used to it or says, "Enough is enough!" While I was vacationing last month, I experienced the ill effects of my food choices by the 3rd day. My knees were getting stiff, hands ached and I started suffering from headaches every afternoon. My body was trying to tell me something and I wasn't listening very well.

I then decided to eat some raw nuts and an apple. Amazingly enough, within minutes my headache was gone. Hmmmm....I wondered if my blood sugar was low. Not the case. I had been eating like a pig and this is when I realized that my body was **TOXIC**. I then made it my goal to eat raw food for the next 24 hours, consuming fruits, nuts and salads. I even found a fresh juice place. By the end of that 24 hour period, my joints had stopped aching. I was saved!! Thank you, Jesus!!

We don't realize just how much our diet controls how we feel everyday. The next time you start feeling bad and experiencing unexplained symptoms, consider what you ate at your last meal or even the night before. Was it greasy, fatty, too much dairy, sweets or bread? Maybe you hadn't drunk enough water and are dehydrated.

Remember the **80/20 rule**, making good choices 80% of the time and bad 20% of the time. In doing so, you will most likely not suffer from the ill effects of the other way around.

Dr. Kelling

All the forces of darkness
cannot stop what God
has ordained.

Isaiah 14:27

What is a Vegan Diet?

The last diet we will examine is the Vegan diet. One of the easiest diets to outline, but some say it is the most difficult to stick with.

What is a Vegan diet? A Vegan does not eat dairy products, eggs, or any other animal product. So in a nutshell, a vegetarian diet excludes flesh, but includes other animal products: A Vegan diet is one that excludes all animal products. Most people who adhere to a Vegan diet are committed to a Vegan **lifestyle** as well.

One of the first arguments against a Vegan diet is one of nutrition—many people assume the body can only get enough protein, calcium and other minerals through the consumption of animal products. But with a little consideration and a bit of knowledge, nutritional needs can be met without eating meat. Protein requirements can be met with nuts, seeds, legumes, grains, cereals, and soy products. Leafy greens, nuts and seeds, dried fruits and bread provide high amounts of calcium. Iron can be found in leafy greens, whole meal bread, molasses, dried fruits (especially apricots and figs), lentils and legumes.

People gravitate to Veganism for various reasons but its popularity stems from three main reasons—number one being love and respect for animals. Another reason that people follow a Vegan diet has to do with environmental concerns. Lastly, some people become Vegan for health reasons. For all of these reasons, veganism is a strong movement and continues to increase in popularity.

Bottom Line: Vegan diet seems very effective at helping people naturally reduce the amount of calories they eat, resulting in weight loss.

Did you Suffer Eclipse Neck?

I hope most of you got to see the eclipse last month. I heard that Kearney and Liberty had some of the best skies for viewing. For me, it was everything I expected and more. It was very impressive.

Almost everyone that works at our office got together for lunch and we watched from the parking lot. From the time it started until it reached totality, for over an hour, we were all looking up to the sky with our eclipse glasses.

The only problem is that by the time it was all over, we were suffering eclipse neck syndrome! Just about everyone of us was left with a sore, stiff neck. Fortunately, after about 24 hours, most of the muscle soreness has subsided. This was the case, unless there was an issue prior to the viewing.

If you are still sore from eclipse day gazing, give us a call to schedule your appointment.

Dr. Kelling



Are Ghee Benefits Better Than Butter?

Ghee Benefits

Ghee has been used for thousands of years, quite literally. It's truly an "ancient" health food and definitely not a fad. The first known use of butter was back in 2000 BC. It became very popular in the cooler northern parts of India, but didn't survive well in the southern warmer regions. It's believed that the southerners are responsible for clarifying butter, in order to keep it from spoiling. Ghee quickly was integrated into the diet, into ceremonial practice and into Ayurvedic healing practices. It's believed to promote both mental purification and physical purification through its ability to cleanse and support wellness. Ghee benefits the body both inside and out, and is actually used topically to treat burns and rashes as well as to moisturize the skin and scalp. Much like coconut oil, it's a multi-use fat that is healthy in many ways!

What is Ghee?

Ghee is *clarified butter*, but simmered longer to bring out butter's inherent nutty flavor. Traditionally made from buffalo or cows milk, the process of making ghee removes the water and milk fats, leaving a high-smoke point (meaning that it can be heated to a pretty high temperature before it starts to smoke). Plus, it's nutritionally rich like [coconut oil](#).

So how is **ghee** better than [butter](#)? Ghee has a unique nutrition profile without any lactose or casein, but rich in short-chain and medium-chain fatty acids and butyrate. For people who are lactose or casein-sensitive, they can use ghee because the process has removed these allergens. If you've been told to stay away from dairy and butter, experiment with ghee made from grass-fed beef! Butter contains 12-15 percent medium and short-chain fatty acids, while ghee contains 25 percent or greater. The body actually metabolizes these fats in a different manner than long-chain fatty acids. The result? Medium and short chains are not associated with cardiovascular disease.

How to Make Ghee

Yes, anyone can make ghee! And, when made with grass-fed butter, the home process retains more nutrients than ghee made in a centrifuge in commercial products. Here is what you need to get started:

- **1 pound of grass-fed unsalted butter**
- **Deep, wide-bottomed skillet**
- **Wooden spoon or heat-resistant spatula**
- **Cheesecloth**
- **Mesh skimmer**
- **Mesh strainer**
- **Glass jar**



Place one pound of butter into a deep skillet over medium-low heat and watch it melt. The key here is to initially melt the butter slowly. Do not try to rush this step. As the butter begins to bubble, it will spatter a bit. Stir with a long-handled spoon and maintain a simmer. Continue to simmer, stirring occasionally, for 20-30 minutes until the milk proteins have separated from the gold liquid. There will be white foam on the top, and some bits of milk fats on the bottom of the pan. Gently skim the foam off with the mesh skimmer and discard. You may have another "foam up" stage, and this is good. Skim and discard once again. Now, the milk fats on the bottom of the pan will continue to brown. Again, this is a good thing – this is where the distinctive nutty flavor comes from. Continue to simmer until they are golden brown, but not burnt. Keep a watchful eye because at this stage, the ghee can quickly burn. Remove from heat and allow to cool to room temperature. Place several layers of cheesecloth in the mesh strainer (or use nut milk bags) and slowly pour the butter into the jar. The result? A beautiful golden clarified butter that is liquid gold. While it will firm up a bit at room temperature, keep in the refrigerator if you desire a spreadable ghee. Ghee will remain fresh at room temperature for several weeks, when sealed properly. It can last months in the refrigerator. Because fats tend to absorb other flavors, it's essential that ghee is kept properly sealed whether in the refrigerator or on the counter.

TOP

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GHEE

BENEFITS

1 GHEE HAS A HIGH SMOKE POINT

Ghee has a higher smoking point than butter and that makes it much better for a variety of cooking and sauteing needs.

3 GHEE GOOD FOR CASEIN AND LACTOSE SENSITIVITIES

The majority of people, who have sensitivities to either casein or lactose, do not have an issue with ghee as these elements have been removed through skimming and straining.

5 GHEE CONTAINS BUTYRATE, AN ESSENTIAL SHORT-CHAIN FATTY ACID

Butyrate or butyric acid, is a short-chain fatty acid that acts as a detoxifier, improving colon health. It has been shown to support healthy insulin levels, is an anti-inflammatory, and may be helpful for individuals suffering from IBS, Crohn's disease and ulcerative colitis.

7 GHEE BUILDS STRONG BONES

Another one of the fat-soluble vitamins, K2 is essential for the body to help utilize minerals including calcium. Proper levels of Vitamin K2 help to protect against tooth decay, supports proper growth and development of bones, and protects against the calcification of the arteries, also known as atherosclerosis.

9 GHEE IMPROVES DIGESTION

The short-chain fatty acid butyrate helps support a healthy digestive tract. It works by stimulating the conversion of fiber into more butyric acid, which is essential for detoxing, and elimination of other fats, and toxins. Additionally, ghee helps to increase gastric acid, aiding in efficient digestion.

2 GHEE IS RICH IN FAT SOLUBLE VITAMINS A, D, E

By using ghee for cooking, and as a replacement for butter, you can increase your intake of Vitamin A, plus it also is a good source of Vitamin D and E, which helps maintain a healthy metabolism and balance your hormones.

4 GHEE CONTAINS CLA

Conjugated linoleic acid or CLA is higher in grass fed beef. CLA may help to reduce tumors, lower cholesterol and high blood pressure, reduce inflammation, and actually lower body fat.

6 GHEE TASTES LIKE BUTTER, BUT IS "BUTTERIER"

Through the ghee making process, the extraction of the milk fats and water, intensifies the flavor of the butter. In preparations, to get the taste of butter, you need significantly less to reach satisfaction.

8 GHEE SUPPORTS WEIGHT LOSS, LIKE COCONUT OIL

Energy from medium-chain fatty acids in ghee and coconut actually burn other fats in our system, leading to weight loss. The belief is that ghee actually attracts other fats and removes toxins that are traditionally difficult to eliminate.

10 GHEE REDUCES INFLAMMATION

Ghee's levels of butyrate play a roll in reducing inflammation in the digestive tract, and throughout the body. Ghee helps create a more alkaline system, that overall reduces inflammation by reducing the leukotriene secretion and reducing prostaglandin in the body.

SALMON CAKES RECIPE

Total Time: 30 minutes Servings: 4-8

Dr. Axe
FOOD IS MEDICINE

INGREDIENTS

- 1 sweet potato, cooked, peeled and mashed
- ¾ cup almond flour
- ⅓ cup fresh parsley, chopped
- 3 strips turkey bacon, cooked and crumbled
- 3 tbsp onion, chopped
- 1 tbsp lemon juice
- 1 tbsp sea salt
- 1 tsp dill
- ½ tsp black pepper
- 2 eggs
- 2 cans (14 oz) salmon, bones/skin removed and drained
- 2 tbsp ghee
- 2 tbsp pecorino cheese, grated



DIRECTIONS

1. Combine all ingredients except ghee in a bowl and mix until well combined.
2. Form patties and place in saucepan with ghee over medium high heat
3. Cook for 4-6 minutes on each side.

Secrets of Sleep

Jed Heneberry

We've all heard it before: get your eight hours of sleep and watch your life improve. But the reason we have all heard it is because it's true and research keeps showing the importance of sleep and its variety of health benefits.

The National Sleep Foundation says there is no "magic number" of hours for optimum sleep benefits, but that different age groups and even different individuals need different amounts of sleep. General recommendations are 7-8 hours per night for adults, while children often need 10-11 hours. Getting less than what you need has been linked to an increased risk of diabetes, heart problems, psychiatric conditions and more.

Here's a quick look at some new findings that reveal the secrets of sleep and also how to get more of it.

— Sleep Suppresses Appetite: Just one night of sleep loss can increase brain activity in the region that contains appetite sensation in response to food images, increasing the long-term possibility of becoming overweight.

— Naps for Your Noggin: The right side of the brain, which is generally associated with creativity, is active during so-called power naps, while the left brain remains mostly quiet. While it is not clear what exactly is happening during these brief rest periods, researchers suspect the brain is conducting important memory tasks.

—Cherry on Top: Drinking tart cherry juice increased melatonin in study participants, improving sleep efficiency, quality and time.

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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

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Facts about Cucumbers

- Fresh extracts from cucumbers have shown to have both antioxidant and anti-inflammatory properties.
- Cucumber promotes joint health by strengthening the connective tissues.
- Cucumbers have a strong history of reducing risk of cardiovascular disease as well as several cancer types.

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