

## Kelling Chiropractic Center

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*Newsletter*

*February, 2018*

### Begin Taking Steps to Reduce Inflammation

We all suffer from inflammation somewhere in our body. It could be very sore and swollen joints or muscles. It could be inflammation in the mucus membranes of our sinus cavities or lungs, causing difficulty in breathing. How about our digestive tract or pain from an inflamed colon i.e.; diverticulitis, ulcerative colitis, irritable bowel syndrome or Krohns disease. Even heart disease.

Regardless of where inflammation exists, it will improve by eliminating “toxic” food from our diet: 1. Any and all forms of processed sugar. 2. All trans fats. i.e; processed foods, vegetable oils, snack foods. Don't use anything other than real butter, coconut oil or extra virgin olive oil for cooking. 3. Dairy products-The least offensive would be feta or goat cheese. 4. Any forms of gluten and most grains. 5. All forms of caffeine. 6. Alcohol-The least damaging is dry red wine or clear liquors, all in moderation. 7. White potatoes-Not more than once a week.

This may sound like an overwhelming task, but I challenge all of you to eliminate one inflammatory food for 30 days and then add another the next month. By the end of the third month, you will see noticeable improvement, lose weight and it will get easier each successive month.

Let's all make 2018 a healthier year!

*Dr. Kelling*

*Anxiety weighs down  
the heart, but a kind word  
cheers it up.*

*Proverbs 12:25*



# **The Effects of Chronic Inflammation on Your Health**

Inflammation is your body's natural response to threats from germs, toxins, environmental pollutants, injury, stress and other harmful influences. Symptoms of inflammation are usually characterized by redness, swelling, pain and stiffness, but sometimes the effects do not manifest outwardly until there has been significant damage.

Acutely, this natural defense mode works to shield your body's systems and initiate the healing process. However, when your body is in a chronic state of inflammation, it can have serious effects on your cellular health, and has been linked to degenerative diseases including cancer, heart disease, diabetes, Alzheimer's and many others. Luckily, there are numerous ways to control chronic inflammation naturally and promote overall health in the process.

## **Causes of Inflammation**

Various lifestyle factors may contribute to chronic inflammation, but one of the most influential causes is your diet. Since many foods are naturally pro-inflammatory or anti-inflammatory, the types of foods you feed your body may have a serious impact on your inflammation responses. The biggest culprits are processed and sugary foods, as well as trans fats, which are present in a variety of snack foods, fried foods, baked goods and vegetable shortening, among others. Studies have found that consuming foods with high amounts of trans fats increases systemic inflammation. One revealing correlation is the presence of glycotoxins in overcooked and over processed foods. Glycotoxins are formed when sugars and oxidized fats react with proteins during the cooking or processing of foods, but interestingly, glycotoxins are also formed by the body as a byproduct of inflammation on the cellular level. With chronic inflammation in the body, we're slowly cooking ourselves.

## **Effects of Inflammation**

When inflammation occurs, chemicals such as inflammatory cytokines are released into the blood or tissues as part of the healing response. Inflammatory cytokines are destructive to our normal cells and with chronic inflammation they result in irritation and wearing down of cartilage and tissues, and lead to further inflammatory triggers. This process creates a type of heat and friction on a physiological level, similar to rubbing fabric together repeatedly – eventually it begins to degrade. In the body, however, the process of degradation can be viewed as changes in normal cellular function and abnormalities in the healing process. Even further, inflammation can affect internal organs and has been linked to mental and emotional imbalances, digestive disorders, skin problems, and more.

## **Treatments for Inflammation**

There are a variety of treatment options for inflammatory diseases that are contingent upon a number of patient characteristics, including the type of disease, age, overall health, medical history and severity of symptoms.

Acupuncture is one effective therapy that can help reduce chronic inflammation, in addition to yoga and movement therapies such as Qi Gong and other gentle exercises. Stress relief measures such as meditation and deep breathing are also important, and of course, a healthy fresh diet, good hydration and proper supplementation are essential.

Perhaps one of the most important things to consider in reducing inflammation in the body is to reduce the amount of stress in your life. Stress hormones like cortisol trigger the release of inflammatory chemicals such as cytokines and are now viewed as major contributing factors in chronic degenerative conditions. With a healthy lifestyle and proper stress relief measures, in addition to the right dietary supplements, inflammation can be kept under control and your health on all levels can “stay cool.”

## Consuming an Alkaline Diet to Fight Inflammation

In past newsletters, we have discussed the many benefits of consuming an alkaline diet. One of the greatest benefits of this is the reduction of inflammation in the body.

For optimum alkalinity and health, favor green, leafy vegetables such as parsley, cilantro, kale, cabbage and collard greens. Consuming these green or lightly cooked is best. Consume foods rich in anti-inflammatory fats such as walnuts, chia seeds, flax seeds, avocados, salmon and extra virgin olive oil.

Spices that have shown to possess anti-inflammatory properties include garlic, licorice, ginger and of course turmeric. Opt for dark chocolate over milk chocolate, choosing one that is 70% cocoa or even more to reap all the anti-inflammatory benefits. Flavanols in dark chocolate have been shown to reduce inflammation.

White, green and oolong teas have shown to reduce inflammation when consumed daily. It's okay to have some acidic foods in your diet, but too much can prove detrimental. As Doctor K says, "All in moderation....80/20."

### Have You Given Turmeric a Try Yet?

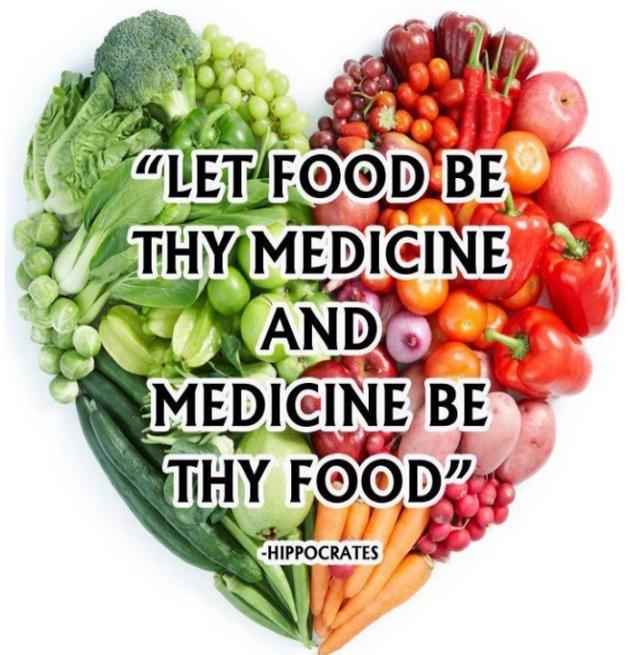
I've personally tried taking turmeric or curcumin in a capsule to reduce inflammation with mild to moderate results. It is also sold in an organic powder that you can use to season your food during cooking. This is most common in India and in the Middle East. Turmeric root can be purchased for a reasonable price from Sprouts in the produce section.

I have now been juicing for the last 18 months and have started to add a piece of turmeric

root the size of my thumb each day. I noticed reduction in my joint pain and stiffness almost immediately. I am convinced that in the raw, purest form of the turmeric root, it can be absorbed and utilized just like we would any other root vegetable in our diet. It is inexpensive, safe and a natural anti-inflammatory that God has given us.

Give it try for 30 days and see what happens.

*Dr. K*



### Fascinating Turmeric Facts

1. Did you know India is world's largest producer of turmeric? In fact, as much as 80 to 90% of the world's total turmeric production comes only from India.
2. Did you know that not just that India is world's largest producer of turmeric, she is also the largest exporter of turmeric? 60% of total world export of turmeric is from India.
3. Turmeric has a very similar appearance to that of ginger! Yes, you might just get confused. However, if you find yourself in a confusing position some day, simply break open a piece of turmeric or ginger. If the inside has a brilliant orange-yellow hue, it is turmeric. Ginger has a brownish color.
4. While some sources will tell you that ancient Assyrians around 600 BCE had knowledge of turmeric, you need to know that the Harappan Civilization (or Indus Valley Civilization) actually cultivated turmeric as early as 3000 BCE.
5. India is known to be the home of spices. Of all spices, turmeric is known as the golden spice of the nation because of its brilliantly bright yellow color.

# Impressive Passionflower Tea Benefits

Passionflower tea boasts many different benefits including the ability to reduce anxiety, treat sleep disorders, prevent depression, ease menopausal symptoms, stimulate the libido, curb drug addiction, heal the skin and lower blood pressure, among others. There are also some notable side effects to drinking this tea, such as dizziness, drowsiness, low blood pressure, nausea, vomiting or stomach upset. However, these side effects are rare, and mainly affect people allergic to members of the *Passiflora* genus, or people who consume an excessive amount of this tea.

The primary species used to make this tea is taxonomically known as *Passiflora incarnata*, but there are more than 500 different species of passionflowers and vines that grow around the world. The plant is also known commonly as may-pop. Passionflower tea has been used in North and South America for centuries, but was eventually introduced to European markets and is now globally sought after. The flowers, leaves, and even the stems of this plant are all good for different medicinal applications, but the tea is brewed specifically with the leaves.

## What is Passionflower Tea Good For?

Passionflower tea has shown promise in its good treating insomnia, anxiety, addiction, high blood pressure, eczema, psoriasis, depression, menopause, menstrual discomfort, infertility and other inflammatory conditions.

### Menopausal Symptoms

Menopause can be a difficult and stressful time in life, resulting in mood swings, hormonal imbalances, anxiety, and sleeplessness. The sedative and soothing effects of passionflower tea can help to balance your neurotransmitters, and also stimulate the release of gamma-aminobutyric acid (GABA), which is known to improve mood and regulate hormones.

### Chronic Stress and Depression

The phytochemicals and alkaloids found in passionflower tea, such as quercetin and kaempferol, are known to improve mood and reduce levels of stress hormones in the body.

### Skin Problems

Traditional use of passionflower tea includes its application for rashes, burns, irritation or inflammation on the skin. This can come in many forms, from eczema and psoriasis to acne, burns and allergic reactions. Topical application of this tea is not common, but a powerful brew can have notable effects in treating these conditions.

### Inflammation

Reducing inflammation throughout the body is what many organic acids and antioxidants are best at, and the compounds found in passionflower tea are no exception. This tea has long been recommended for joint disorders and arthritis, as well as gout, hemorrhoids, and inflammation of the gut. These soothing active ingredients can help to relieve symptoms of indigestion, constipation, diarrhea, bloating and cramping, as well as chronic inflammation caused by free radical activity.

### Sex Drive

If you want to increase your libido, this tea might be the secret, as it can increase the production of testosterone in the body, giving men a reproductive boost, not only increasing sex drive, but also virility and fertility.

### Heart Health

The blood pressure-lowering qualities of passionflower tea are the result of a specific antioxidant compound known as edulilic acid. By treating hypertension, this tea may help prevent atherosclerosis, heart attack, stroke and coronary heart disease, and generally, reduce the strain on the cardiovascular system. This side effect may also help relieve headaches and migraines, by reducing the pressure and inflammation in capillaries near the temples.

### Sleep Disorders

This herbal tea has long been used to treat sleep disorders, such as insomnia or restlessness at night. By impacting the neurotransmitter levels in the brain with flavonoids and other phytochemicals, you can enjoy a full night of undisturbed sleep and a refreshed feeling in the morning!



## How to Exercise Without a Gym

This is the time of year when it often gets difficult to stick to a workout routine or keep a New Year's resolution. The cold weather and often icy conditions can make it tough to get to a gym and exercise. There are some easy ways to get your heart rate up and get in a good sweat at home without any equipment. Below are some simple exercises to let you get in a decent and quick workout for those days you cannot make it to the gym. Remember to do some brief stretching to get your muscles loose before exercising. For the following exercises, do 15 repetitions of each, then repeat 3-4 times. Below are 2 different sets so you can have some variety.

**Workout #1: Mountain climbers:** In a push up stance, quickly alternate, bringing your knees to your chest. **Push ups:** If these are too easy, you can vary the distance between your hands. **Squats:** Make sure your weight is in your heels and your knees don't go past your toes. **Leg Raises:** Make sure feet don't touch the ground and with straight legs, lift to 90 degrees, slowly lower and repeat.

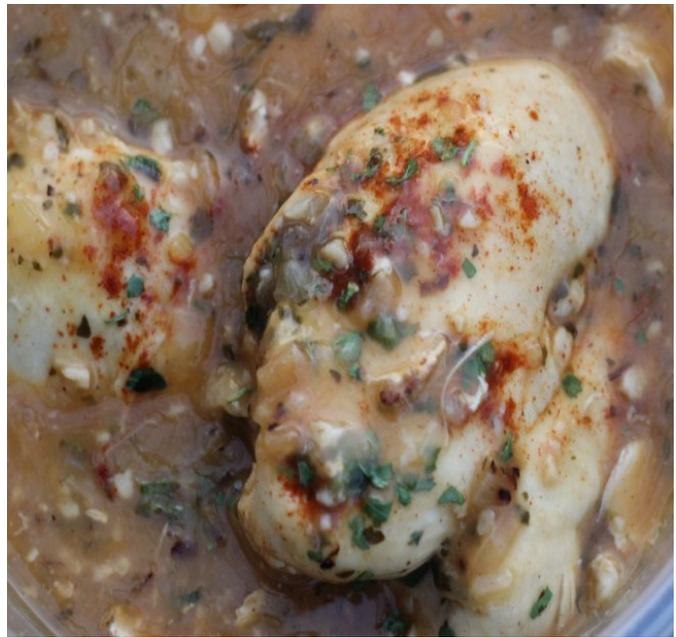
**Workout #2: Jumping Jacks:** Speed is the key to making these effective. **Forward Lunges:** For added difficulty, add a slow rotation to each side after each repetition. **Plank shoulder taps:** From plank position, alternate touching your shoulder with the opposite hand. **Mason Twists-sitting:** Hold your feet off the ground, make a fist with both hands and tap the ground on alternating sides with your hands.

*Dr. Newberry*

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### Instant Pot Lemon Garlic Chicken

- 1-2 pounds chicken breasts or thighs
- 1 teaspoon sea salt
- 1 onion, diced
- 1 tablespoon avocado oil, olive oil or ghee
- 5 garlic cloves, minced
- 1/2 cup organic chicken broth or homemade
- 1 teaspoon dried parsley
- 1/4 teaspoon paprika
- 1/4 cup white cooking wine
- 1 large lemon juiced (or more to taste)
- 3-4 teaspoons (or more) arrowroot flour/corn starch



1. Turn your instant pot to the sauté feature and place in the diced onion and cooking fat. Cook the onions for 5-10 minutes or until softened. You can also choose to cook until they start to brown. Add in the remaining ingredients except for the arrowroot flour/cornstarch and secure the lid on your Instant pot.
2. Select the "Poultry" setting and make sure your steam valve is closed (12-15 minutes on Manual if you do not have a Poultry setting).
3. Allow cook time to complete, release steam valve to vent and then carefully remove lid.
4. At this point you may thicken your sauce by making a slurry. To do this remove about 1/4 cup sauce from the pot, add in the arrowroot flour or cornstarch and then reintroduce the slurry into the remaining liquid.

Stir and serve right away. This also reheats well as leftovers

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**OUR STAFF**

**Dr. Brian Kelling      Dr. Clayton Newberry**

**Krystle, Lisa-Insurance/Billing**

**Gail, Tammy and Courtney-Therapy**

**Dawn, Hilary and Cheryl –Massage  
 Therapists**

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



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