



KELLING CHIROPRACTIC

April Showers Bring May Flowers.....

April, 2015

2015 IS A YEAR OF CHANGE FOR ALL OF US !!!!

2015 will be a year of change for all of us.

If you follow the Chinese calendar, use numerology, or look at it from an astrological point of view, 2015 will bring lots of changes in our lives. People will be changing jobs, starting new businesses, ending relationships, starting new ones, buying new houses, relocating their families due to new and exciting opportunities. I've already seen tremendous change in my life the first three months of the year. Many of you know already that I've purchased the other half of the building, where I'm located.

My goal is to bring in a wide variety of healthcare professionals I have utilized over the last 29 years. These individuals have helped me personally and I have referred others to them as well. I want all my patients to have access to these healthcare providers, and enjoy the benefits as I have. I'm nearly 53 years old and I'm healthier now than when I was in my 30's.

Beginning April 1st, a good friend for over a decade and overall "health coach" Linda Laskowski has relocated her business in my building. She is a certified colon therapist, with over 25 years experience. Linda, will also have a column in my monthly newsletter.

If you are really serious about getting healthy, then you must start with removing the toxins. We are all exposed to poisons and carcinogens everyday. We breathe, eat, drink and bath in toxins on a daily basis. What are you doing to remove or prevent this from happening? The accumulative effect of these poisons in our bodies makes us sick, causes cancer, and numerous chronic inflammatory diseases- fibromyalgia, chronic fatigue syndrome, autoimmune diseases, etc.

I've utilized Linda's services for over 11 years on a monthly basis, with tremendous health results. I would not recommend anything to my patients that I personally haven't experienced and benefitted from first hand. Please pick up one of her brochures in my office and contact her with your health related questions. She is very accessible by email at viableoptions1@gmail.com or call her at 816.438.3451.

KELLING CHIROPRACTIC WANTS TO WELCOME A NEW DOCTOR!!!!

Starting Thursday, April 2nd, the office welcomes Dr. Denise Pahmeyer.

Dr. Pahmeyer began her education in the medical field. She has a nursing background, working cardiac and ICU units. After several years, she took a break to raise her children, and then eventually went back to school.

She obtained her license as a massage therapist in 2001. While operating a successful massage business, she obtained her undergraduate degree and enrolled in Cleveland Chiropractic College in 2005. After completing her

Please continue welcoming Dr. Pahmeyer on Page 2

her doctorate degree in Chiropractic, she opened her first practice in 2010.

We are very excited to have Dr. Pahmeyer at Kelling Chiropractic Center. She is certified in acupuncture, is very proficient in Applied Kinesiology, nutrition, newborn and extremity adjusting. She is a myofascial specialist and works extensively with soft tissue and muscle problems.

Presently, Dr. Pahmeyer will work Tuesdays and Thursdays, however, in the near future we will expand her hours.

"Ask and you will receive. Seek and you will find. Knock and the door will be opened for you."

Mark 7:7

WE ALL MAKE
CHOICES....
BUT IN
THE END
OUR CHOICES
MAKE US

A MOMENT OF
PATIENCE IN A MOMENT
OF ANGER SAVES YOU
A HUNDRED MOMENTS
OF REGRET.

Kelling's Healthy Tid Bits

⇒ **Health Alert: Older Cars May Be a Bad Choice for Teen Drivers:** Nearly 50% of teen drivers killed between 2008 and 2012 were driving cars that were over ten years old and in most instances lacked important safety features. Researchers say that because teens are more likely to get into crashes than older drivers, it's important for parents to consider safety and cost when choosing a vehicle for their children.



Journal Injury Prevention, December 2014

⇒ **Diet: Cherry Juice Accelerates Recovery After Cycling:** Montmorency cherry juice appears to help cyclists recover after a hard cycling workout. Researchers found that Montmorency tart cherry juice helped to speed up recovery, maintain muscle function, and reduce markers of inflammation in cyclists who participated in a simulated race.



Cherry Marketing Institute, December, 2014

HOW SOMETHING APPEARS
IS ALWAYS A MATTER OF PERSPECTIVE...

We are no longer what we eat.....

We are what we can absorb into our body

Interesting Facts About Massage

Did you know massage is probably the oldest and simplest form of healthcare?

- It is depicted in Egyptian tomb paintings.
- It is also known in ancient Chinese, Japanese and Indian text.
- Ancient Greek physician Hippocrates describes the practice of anatripsis or “rubbing up.”

Massage is scientifically shown to be effective treatment for the following conditions.

- Cancer-related fatigue
- Chronic low back pain
- Frequent headaches
- Post-op pain

Therapeutic massage is increasingly being promoted by healthcare providers to their patients.

- Almost 1 in 5 adults report discussing massage therapy with their healthcare provider.
- Of those 1 in 5 adults more than half said their healthcare provider strongly recommended or encouraged massage.
- More than half of massage therapists receive referrals from health care providers.

Massage is beneficial for infants, children, adolescents, adults and elderly.

- Babies fall asleep faster when massaged than when rocked and stays asleep longer.
- When massaged regularly, children who suffer from juvenile rheumatoid arthritis, asthma and autism experience decreased pain, decreased anxiety and inattentiveness.
- Massage can help to partially restore mobility to the elderly afflicted with Parkinson’s disease and arthritis. Also reduce levels of anxiety, depression and the effects of loneliness.

More Facts.....Did You Know?

- A 60 minute massage is about the same as 7-8 hours of sleep to your body.
- Physical touch makes you healthier. Hugs, massage, and even holding hands reduces stress while boosting your immune system.
- Massage enhances immunity by stimulating the body's natural defense system—known as the lymphatic system.



Dawn

816.628.6141

It's never too late, get a massage
once a month for a healthier
you !!!

From the desk of....

Linda Laskowski, Cct. (Certified Colon Therapist)

Hi, as the new kid on the block I would like to introduce myself. I am Linda, however my friends call me Lynn.

I am a Woods Gravity Flow Colon Therapist with over 25 years experience helping clients with all of their "gut" issues, acid reflux, constipation, colitis, ulcerative colitis, diverticulitis, Crohn's, irritable bowel syndrome, cancer and cancer related side effects, chemotherapy and radiation, fibromyalgia, weight loss, skin issues and any and all inflammatory challenges by helping the body rid itself of the toxic overload creating these concerns, safely.

As you visit Kelling Chiropractic please pick up a brochure and a business card that will begin to answer the many questions you may have.

I look forward to meeting all of you and I hope you will enjoy my column in the monthly newsletter dealing with concerns that keep us always feeling just a little to the left of what feels right.

If you have a specific question you would like me to address just drop me an email, viaoptions1@gmail.com or call me at 816.438.3451 or if possible see me in the office.

Below, listed are some conditions along with the definition for a clearer idea of what one deals with when they have a challenge in their colon.

Ulcerative Colitis: Ulcerative colitis (UC) is a chronic disease of the colon and rectum, together known as the large intestine. UC can affect the entire large intestine, which includes the colon and the rectum and may produce bloody painful stools with mucous.

Probiotic/Acidophilus: Is not a condition it is a supplement that one should take on a daily basis to keep the friendly flora colonizing in the colon. It helps the colon to stay alkaline which will always guarantee a healthy system.

Diverticulitis: An inflammation or infection in one or more small pouches in the digestive tract. Extremely painful.

Crohn's: is a chronic inflammatory condition of the gastrointestinal tract. When reading about inflammatory bowel diseases, it is important to know that *Crohn's disease* is not the same thing as ulcerative colitis, another type of IBD.

Fibromyalgia: is the most common musculoskeletal condition after osteoarthritis. Still, it is often misdiagnosed and misunderstood. Its characteristics include widespread muscle and joint pain and fatigue, as well as other symptoms.

Every condition that arises in our bodies have one thing in com-

We Now Have The

BIG.....



M assage

A djustment

C olon Therapy

Dr. Kelling in keeping up with his patient's needs is introducinga healthier version of the infamous Big Mac.

When you get a massage the therapist is actually waking up all the nerve endings, breaking up the crystals that form around the joints and causes that arthritic pain that many of us feel. She loosens up the muscles so your adjustments go in easier and stay longer.

Then when you see Dr. Kelling he will adjust your spine allowing a continuous healthy flow of toxins and keeping the benefits of massage working even longer.

If you choose then to rid the body completely of these toxins that the massage therapist and Dr. Kelling have loosened up and allowed to flow then you see me.

Colon therapy is the end program to anything you do. I literally help you clean the toxins out of your system before they find another hiding spot to be dealt with again down the road.

Give us a call and order up your Big Mac

mon.....inflammation. The causes of inflammation are many and include, drugs, prescription and or otherwise, alcohol, bad food combinations, lack of water and even our emotional thoughts that go unresolved all play a part in our health. However, everything can be changed its just a choice.

Let's Dig A Tad Deeper Into Our Colon by Linda Laskowski, Cct

A couple of weeks ago I picked up my dog from the groomer only to find out that the owner after years of pain had to have her entire large intestine removed. Upon further probing the daughter explained that she was shocked that we had two intestines, a large and a small...even more earth shattering was when I replied...yes you have a large colon and a small colon, to which she replied...holy cow we have 4.

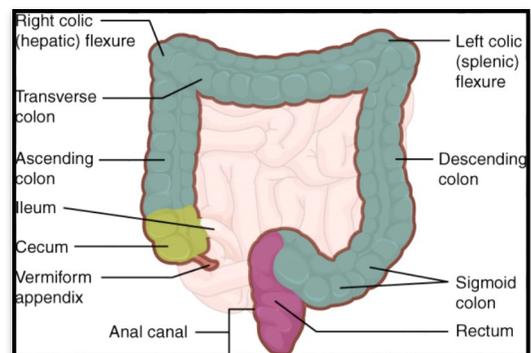
I have thought long and hard on this and it has amazed me over the last 25 years how ill informed we are as a society as to the inner workings of our body and what bodily parts we actually have. Believe me I could fill volumes on my client's questions in reference to their bodies.

Normalcy is a major question. All of our lives we are taught if you have one bowel movement a day, a week, every other week, that is your normal. Not true. The truth is what goes in must come out on a timely basis, for example. About 45 minutes or so after breakfast you should be eliminating the dinner you had the night before, 45 minutes or so after lunch you should be eliminating breakfast and after dinner your lunch. If you are not on this schedule than you are storing not only sugar to turn into fat, but also residual toxins that than build up not only in the colon but also get transferred to the blood to stream constantly through each and every organ, muscle and tissue. That is why it takes 10 to 15 to sometimes 20 years to develop cancer, diabetes, heart disease, colon disease and any other inflammatory condition your body can succumb to.

Peristalsis is such an important function of your colon. The colon being a muscle has a rhythm, it is very slow and it is constant. We don't feel this rhythm unless we have eaten something that the body wants to be rid of then we feel the cramping and sometimes the explosive discharge that ensues. When our colon is loaded beyond its normal capacity and the fact that it is a muscle this peristalsis slows down and very little waste travels from the beginning of the large intestine (cecum) to the end which is your anus. Since your colon is a muscle, it has the capacity to expand from front to back and from side to side causing a bloat feeling and tons of discomfort. Relieving this pressure is not only conducive to good health it feels like something most people can't even imagine. Your whole body can breathe easier with all this toxin expelled from it.

Your large intestine is mainly a waste receptacle. After our food leaves our stomach as chyme it travels to the small intestine where the fats, starches, proteins are distributed to the various parts of our body to feed our organs, muscles and tissues. The small intestine or colon is like an eco system and it is protected by the ilium so waste once it is passed into the large intestine is not allowed back into the small intestine. That is why it is imperative that your food is thoroughly chewed in your mouth where digestion starts and it is turned into a liquid before you swallow it. The stomach is not a trash compactor and its job is not to churn your food up, it is a receiver of the chyme (which is the liquid form of your food) so it can be mixed with all the digestive enzymes that your body produces from the time the food enters your mouth for mastication (chewing), The chyme then proceeds through the duodenum into the small intestine where most of the work is done. The small intestine is also home to 85% of our immune system so it is very important that this part of the colon is kept actively alive and in great working order so our immune system can keep any and all invaders from finding a home within our body. The way this is accomplished is daily doses of a high potency probiotic to insure that you are maintaining the correct pH balance in your gut that will keep your immune system able, ready and willing.

If we maintain our systems on a daily basis then our bodies in turn will take care of us when we have unwelcomed guests knocking on our door.....pull that welcome mat in and lock it up



KELLING CHIROPRACTIC

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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

Dr. Denise Pahlmeyer

Tues/Thurs 1:00 PM--6:00 PM

Tina—Staff Manager

Lisa-Insurance/Billing

Amber-Front Desk

Gail-Therapy

Dawn-Massage Therapist

VIABLE OPTIONS

816.438.3451

M-W-F 9:00 AM—6:00 PM

viableoptions1@gmail.com/www.viableoptions.com

All major credit cards accepted as is cash and checks made payable to Viable Options

More Information on Glyphosates aka Round Up

Today nearly 90% of crops are sprayed with Glyphosates. It appears that most of the metabolic damage caused by glyphosates can be linked to how it messes with the GOOD bugs in your gut. The maker of glyphosates say it is not harmful to humans because it attacks a particular biochemical pathway, and this pathway is not found in humans.

The problem is that the organisms in our gut DO have that pathway. We rely on these organisms to produce critical amino acids for us to live on...and to burn fat!!! As it kills off good organisms, you become more susceptible to the bad ones....like salmonella and E Coli. It also triggers inflammation, forces fat storage, slows metabolism and increases hunger.

(information from info@thetruthaboutcancer.com)

