

***Kelling
Chiropractic
wishes
everyone a
safe and fun-
filled 4th of
July***

Independence Day

Freedom has its life in the hearts,
the actions, the spirit of men and so
it must be daily earned and refreshed -
else like a flower cut from its life-giving
roots, it will wither and die.

~Dwight D. Eisenhower

July, 2016

“Let Us All Embrace the Changes in Our Lives”

There is only ONE constant in our lives. Nothing stays the same... Most of us think we can keep everything around us the same, because it's more comfortable. None of us like change.

However, staying the same, not changing with what's going on around us, keeps us from growing. Staying in our “comfort zone” or box will only stunt our growth. My dad used to say, “Peddling through life takes a little work and sweat. We would all rather coast. But, you can only coast one direction—downhill.”

So, more awesome changes at Kelling Chiropractic. You will see some new faces and some old ones. We have 3 new massage therapists in the building. If you need an appointment, you can usually be seen within 24 hours.

Very soon, another chiropractor will be moving into the building. His training is in “functional medicine.” That means if you are borderline diabetic, have a thyroid condition, high cholesterol, high blood pressure, hormonal imbalances, he will give natural alternative treatments. He will evaluate past test results and order full laboratory testing to confirm the diagnosis. This is a very exciting benefit that all my patients can utilize.

Please see Page 4.....

Antibiotic-resistant bug has reached the U.S.

For the first time, researchers have found a person in the United States carrying bacteria resistant to antibiotics of last resort, an alarming development that the top U.S. public health official says could mean the end of the road for antibiotics.

The antibiotic-resistant strain was found last month in the urine of a 49 year old Pennsylvania woman. Department of Defense researchers determined that she carried a strain of E.coli resistant to the antibiotic colistin, according to a study published Thursday in Antimicrobial Agents and Chemotherapy, a publication of the American Society for Microbiology.

The authors wrote that the discovery “heralds the emergence of a truly pan-drug-resistant bacteria.”

Colistin is the antibiotic of last resort for particularly dangerous types of superbugs, including a family of bacteria known as CRE, which health officials have dubbed nightmare bacteria. In some instances, these superbugs kill up to 50 percent of patients who become infected. The Centers for Disease Control and Prevention has called CRE among the country's most urgent public health threats.

Please see Page 5 for Antibiotic-resistant bug.....

Well It's Time To Say Good Bye And Hello To Faye....

Sixteen years ago I came to Missouri with my husband, David much like the month of March; you know in like a lion....out like a lamb or vice versa. My poor husband He was at a loss as what to do...We arrived into Kansas City, with me kicking and screaming and almost every day for nearly 3 years I woke with a determination to go home.

Then one day without even realizing what was happening I began to feel that I had a new home and I totally embraced it and started to meet the most wonderful people that God could ever send me.

Then again, just a few weeks ago I woke up one morning, rolled out of bed with such a calm feeling that I had to sit down.....a knowingness deep inside was clearly saying.....it's time to go back home.

I wish I could hire a writer to put into words how I feel about everyone whom I have met in the last 16 years and how monumental this decision was to make. Each and every one of you have been there to celebrate all the good times with me....and you were there to hold me each and every day as I mourned along with you when we lost David. So many things have happened since then and I have been blessed in ways that not even Hemingway could properly express.

As I close the chapter on Viable Options and retire, Faye Coughenower will take over the reins of Viable Options. I could not have cloned myself better.....I could not leave you in more capable hands. Let me share with you Faye's background.

Faye studied Biology and Chemistry in college, with intentions of becoming a doctor, however chose to become a nurse instead. Achieving a degree in biology and a minor in chemistry, she continued her studies and graduated from CMU as a RN BSN. While working as a nurse, she became drawn to the wellness spectrum of health and became aware of the need for a change in people's overall health. Through personal necessity, Faye began a wellness journey of her own. She utilized this opportunity to learn, discover, and unfold different forms and avenues in which to achieve certain health goals. She has spent the majority of her adult life improving her personal wellness and, as a result of years of study and research, has accumulated an enormous amount of information along the way. Her interest in healthcare completely shifted to holistic and natural healing. Her years of nursing stretch from Cardiovascular, to OB/GYN, to GI. She last worked as a nurse at an Infusion Center where she was able to infuse and inject alternative treatments such as Myers Cocktails, Vitamin C, Magnesium and Vitamin B 12 .

She has also worked in a Chiropractor's office, and has been a practicing Colon Hydrotherapist since 2010. She has been a student of the trade and embraces every opportunity to keep growing her mind, in order to be a better source to those she serves. She believes that knowledge is power and that the more you know, the more you can know.

Her goal is to live to be 110 years old, and to be able to send her Grandchildren (and her Great Grandchildren) back home to their parents completely exhausted. Faye has had the dream of opening a wellness center for several years.

Faye has humbled me as she sees taking over my business as a great honor and is eager to carry on the Viable Options torch, being passed along to her. She is eager to get to meet you and to assist you with your personal wellness journey.

Please see Page 4 It's Time To Say Good Bye

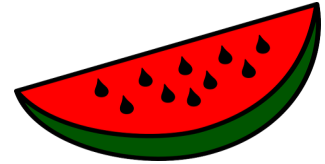
9 Foods You Shouldn't Refrigerate

Ever try to spread rock hard butter on a slice of toast? It's like nails on a chalkboard. Here, nine foods that actually taste, slice and spread better when you leave them out on the counter.



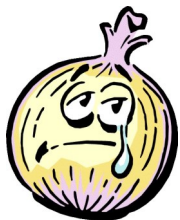
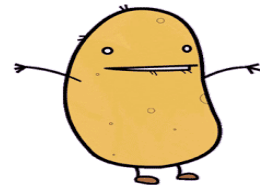
Although it contains pasteurized milk; butter can, and should, sit on the counter for a couple of days (even longer if salted, which has a lower risk of contamination). Worried you can't go through butter that quickly? Put out a quarter stick at a time.

Uncut melons with a rough skin (like watermelon and cantaloupe) need to be left out in order to properly ripen. The one exception...Honeydew, which actually doesn't continue to ripen after picking and does just fine in the fridge.

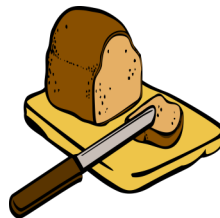


Like melons, these guys just get better and better at room temperature. If you're worried they're getting soft, you can refrigerate them. Or, better yet, use them right away.

Refrigeration causes the starch in potatoes to change into sugar; which means a gritty texture and sweet flavor. Instead, keep them in a paper bag in a cool, dark place, like under your sink. Or, heck under your bed.



Onions + fridge = mushy goo at the bottom of your crisper.



We know you're worried about bugs, but refrigerating that loaf of rye is not the answer. (It'll dry out and get stale.) Instead, store in a breadbox for up to a week, or freeze for up to three months.

Cold temps cause crystals to form faster. And nobody wants crystals in their chamomile.



Ground beans can actually absorb the odor of other foods while in the fridge. Tilapia-flavored coffee? Ew. Keep the bag in the pantry for up to two weeks-or in the freezer if you're storing long term.



Basil, unlike other herbs, this one wilts in the cold temperatures and absorbs other food smells. Instead, place it on your counter in a cup of water like fresh flowers.

Lastly, I'm losing a very good friend. Linda Laskowski. She is our colon hydrotherapist in the building. She has improved the quality of life for thousands of individuals over the last 26 years. We have been referring patients back and forth since 2002. Fortunately, she has found an awesome person to take over her business and to continue the high quality of care her patients have become accustomed to. Linda, thank you for influencing me and the lives of so many others in such a positive way. May God bless you on your journey, wherever it takes you.

Dr. Kelling

Turmeric Compounds May Help In Cancer

Numerous studies have focused on the anti-cancer effects of curcuminoids, a group of compounds found in turmeric root.

The dried and ground up root is a common spice in Southeast Asia. In a recent review article, researchers from the MD Anderson Cancer Center, Houston, Texas, discussed the bioactive effects of other compounds found in turmeric root. These other compounds, call curcumin-free turmeric have anti-

inflammatory, anti-cancer, and anti-diabetic properties. One of them, elemene, is being used in China as an adjunct treatment of cancer. Some of the other compounds include-turmerin, turmerone, and furanodiene.



It's Time To Say Good Bye.....

Faye has humbled me as she sees taking over my business as a great honor and is eager to carry on the Viable Options torch, being passed along to her. She is anxious to get to meet you and to assist you with your personal wellness journey.

I know each and everyone one of you will grow and become even healthier with the knowledge and expertise that Faye brings with her.

At my suggestion and Faye's insistence I will be returning periodically to Viable Options to assist Faye in not only her growing clientele, to also be there when she takes vacations. I am very excited she was open to that as there are many whom I would love to see on my return trips.

I look forward to seeing all of you for your "Good-Bye....Happy To Meet You Faye" colonics in the next few weeks.

Welcome her aboard I have prayed for someone for 6 years and here she is.....ready to assist you in your continued path to wellness.

Always

Lynn

Nature provides a free lunch,
but only if we control our
appetites

Wm. Ruckelshaus

Good timber does not grow with
ease. The stronger the wind, the
stronger the trees.

Douglas Malloch

The only way to live is by
accepting each minute as an un-
repeatable miracle.

Storm Jameson

Do what you can, with what you
have, where you are.

Theodore Roosevelt

If you're going through hell,
keep going.

Winston Churchill

Antibiotic-Resistant Bug.....

“It basically shows us that the end of the road isn’t very far away for antibiotics—that we may be in a situation where we have patients in our intensive care units, or patients getting urinary tract infections for which we do not have antibiotics.” said CDC director Tom Frieden on Thursday.

“I’ve been there for TB patients. I’ve cared for patients for whom there are no drugs left. It is a feeling of such horror and helplessness,” Frieden added. “This is not where we need to be.” The pervasive use of antibiotics over the years already has led to infections and strains of bacteria that take greater effort to destroy.

“I think the single case (in Pennsylvania) is a symptom of a bigger problem of antimicrobial resistance,” said Sarah Boyd, an infectious-disease physician and medical director of antimicrobial stewardship at St. Luke’s Health System in Kansas City. “Certainly, doctors have been concerned that we are having fewer antibiotics that may work for those more resistant bacteria. It think the general person should pay attention and be concerned.” The depth of that concern: “I don’t think it is something that the average person has to think about every minute of every day,” she said. “But I think that it is definitely something that is very concerning for the medical community and will probably become something we have to pay attention to in the future.” Concern from the larger public health perspective is warranted, said Dana Hawkinson, a physician of infectious diseases at the University of Kansas Hospital. He noted that the Department of Defense and CDC were keeping watch on the bacteria.

“I don’t think that for the regular person on the street it is too much of concern or issue because, at this point in time, this particular type of bacteria has only been seen in Pennsylvania,” Hawkinson said. The case is the first time this colistin-resistant strain has been found in a person in the United States. In November, public health officials around the globe reacted with alarm when Chinese and British researchers reported finding the colistin-resistant strain in pigs, raw pork and a small number of people in China. The deadly strain later was identified in Europe and elsewhere.

CDC officials are working with Pennsylvania health authorities to interview the patient and family to identify how she might have contracted the bacteria, including reviewing recent hospitalizations and other health care exposures. CDC hopes to screen the patient and other contacts to see if others might be carrying the organism. Local and state health departments also will be collecting cultures as part of the investigation. Scientists and public health officials have long warned that if the resistant bacteria continue to spread, it could seriously limit available treatment options. Routine operations could become deadly. Minor infections could become life-threatening crisis. Pneumonia could be more and more difficult to treat.

Already, doctors had been forced to rely on colistin as a last-line defense against antibiotic-resistant bacteria. The drug is hardly ideal. It is more than half a century old and can cause serious damage to the patient’s kidneys. And yet because doctors have run out of weapons to fight a growing number of infections that evade more modern antibiotics, it has become a critical tool in fighting some of the most tenacious infections.

PLEASE SEE BACK PAGE FORBACTERIA

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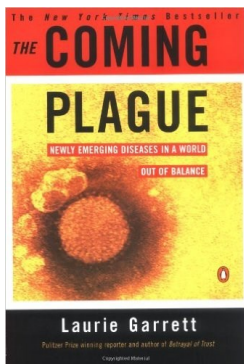


Massage It's What Is Happening

Bacteria develop antibiotic resistance in two ways. Many acquire gene mutations that allow them to withstand antibiotics, although that ability can't be shared with pathogens outside their family. Other bacteria rely on a shortcut: They get infected with a plasmid, a small piece of DNA, carrying a gene for antibiotic resistance. That makes resistance genes more dangerous because plasmids can make copies of themselves and transfer the genes they carry to other bugs within the same family as well as jump to other families of bacteria, which can then "catch" the resistance directly without having to develop it through evolution.

The colistin-resistant E.coli found in the Pennsylvania woman has this type of resistance gene.

*** As a side note, this book was published in 1994. It outlines in detail how germs re-clone themselves and become super bugs and then attack the body again, just from another angle. It is an easy to understand read, however it is also very technical in that it explains in detail what happens to our bodies. Amazon \$15.48



A common mistake people make when trying to design something completely foolproof is to underestimate the ingenuity of complete fools.

Douglas Noel Adams

Freedom is not worth having if it does not include the freedom to make mistakes.

Mahatma Gandhi