

HAPPY AUGUST FROM KELLING CHIROPRACTIC AND VIABLE OPTIONS 2.0



AUGUST, 2016

“Wrist Pain??? Hand Numbness??? Ask Me About It....”

Did you know that I work on at least half of my patient’s wrists each visit? If your hand gets tingly while you are driving, typing, cleaning, or sleeping.... If you notice a loss of grip strength and find yourself dropping objects expectedly... Please, ask me to examine your wrist and hands.

Quite often, a very easy, gentle adjustment to the carpal bones in your wrist will alleviate these symptoms. Please realize, the longer you have had these warning signs, the longer it will take to correct the problem. Don’t wait until there is nerve damage and it will require surgery to resolve. If I don’t think I can help you, I won’t treat you.

Dr. Kelling

“Now I know the secret of making the best persons; it is to grow in the open air and eat and sleep with the earth.”

Walt Whitman

Bear with each other and forgive whatever grievances you may have against one another.

Forgive as the Lord forgave you.

(Colossians 3:13)

The Pros’ Secret: Dr. Sleep

The shut-eye specialist who keeps athletes fresh, alert, and at the top of their game

In the age of Moneyball, sports teams analyze all manner of statistics for an advantage. But even as they scour obscure metrics, more franchises are paying attention to something simpler and, potentially, a lot more important: sleep.

The man typically parsing that data is neurologist Christopher Winter. The medical director of Charlottesville Neurology and Sleep Medicine clinic. Winter has played sleep guru to nearly 30 pro teams-baseball, basketball, football, hockey and consults regularly for MLB’s San Francisco Giants and the NBA’s Oklahoma

Please see Page 3 Dr. Sleep



A Note From Viable Options by Faye Bradford

Hi! I am so excited to be serving you at Viable Options. I welcome the opportunity to be a part of your wellness journey. Colon Hydrotherapy plays a vital role in allowing us to feel better and live healthier lives. Maintaining the body we have been given requires a conscious and consistent approach. As we encounter different stages and needs in our life, we are presented with the ability to make the necessary decisions that will keep us on course, towards the goal in which we desire. Flexibility and patience is certainly key when it comes to striving for a life of wellness. Along the way we discover that the more we know, the more we can know. The more in tune we are with our bodies, the more we will hear our bodies tell us exactly what is needed.

My purpose and mission is to observe, recommend, and direct... and sometimes redirect you on the path towards good health and wellness. Therefore, at Viable Options I will be offering Colon Hydrotherapy, Ion Chi Foot Detox Baths, as well as supplements and a few retail items too. My services will add synergy to the Chiropractic care and the Massage Therapy that you are receiving. How amazing it is to have all of this under one roof.

I am continually searching and sourcing for items that I feel will be beneficial to you. These may be articles, recipes, supplements, etc. As I come across something, I will be sure to share with you each month. For starters, I would like to share of recipe for one of my favorite quick and delicious snacks:

Energy Bursts- Wellness on the go

Ingredients:

- ¼ to ½ cup honey
- ½ cup almond butter
- ¼ cup cacao nibs or chocolate chips
- ¼ cup dried fruit
- 2 tablespoons ground chia seeds
- 2/3 cup ground flax seed

Instructions:

1. Mix all ingredients together, either in food processor or by hand.
2. Roll into 1-inch balls.
3. To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as is!

I prefer to make these with only ¼ cup of honey and then add dried blueberries, cranberries or cherries—or a combination. I also like to put gluten-free flour or ground flax seeds on my hands to make it easier to mold them into balls.

The energy bursts will stay fresh in an air-tight bag or container for up to a week. I recommend multiplying the batch and then freezing them if you don't think you'll eat them all. We supplement breakfast and afternoon snacks with them, and then always take them to the kids' soccer and baseball games. Plus, you can make many variations to fit your needs, so please share your adaptations with us! I hope you love them as much as we do!

Happy August and I look forward to meeting you soon!

Faye Viable Options

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Dr. Sleep.....Continued from Page 1

City Thunder. The jocks started lining up at Winter's door after he published a landmark 2009 study in which he crunched a decades worth of data to determine the teams that cross three time zones to play a game have only a 40 percent chance of winning. As Winter puts it, the time-zone adjusted team has a circadian advantage.



Winter, 43 now spends about a quarter of his time consulting with pros. As soon as a league's schedule is released, he'll identify the most problematic matchup (say, a string of East Coast games followed by a noon game back home in the West). Then Winter will hunker down with management to "game" the problematic matchups, manipulating the timing of flights, meals, workout schedules, and other variables. The goal: Regardless of when a game starts, players should always feel like it's 4 PM, the hour when most people are at their maximum alertness. That can mean arriving to away games a day or two early, to give players time to acclimate to an unfamiliar time zone. And Winter has plenty of other tricks up his sleeve. "Chris takes it to the point of duct-taping the bottom of players' hotel doors to keep out the hallway light," says Ben Potenzismo, a trainer with the Pittsburg Pirates. Winter calls these circadian chess maneuvers the "macro" part of his job. The micro is correcting the sleep habits of individual players. He'll often begin with a presentation, explain how even a half-hour more sleep a night can make a big difference on the field. "these guys' lives are based on performance," Winter says. "A few games without a hit and you're out of the lineup, a few more, you're out of a job." That pressure can result in sleepless nights, which means Winter often plays psychologist as well as sleep-coach, listening to and offering advice on players' problems, even if they're not game-related. "One guy had a fan sneak into his hotel room and hide in the closet," Winter says, "Now he's freaked out by spending the night in hotels."

Winter prescribes his patients a nightly "light audit": "Dim at least three screens or lights to create a dark, moody, "Barry White environment" that encourages the release of sleep-inducing melatonin in the brain. The bedroom thermostat, he says, should be set at 65 degrees, ideal for deeper sleep. Finally, Winter tells clients to stop trying to fall asleep. Instead, "I tell pitchers to visualize throwing 50 perfect pitches in step-by-step detail," he says. Usually they'll just make it through two or three. "The brain can really do only one thing at a time, so you lose the worry of not falling asleep."

Collectively, Winter says, these small hacks yield an edge. "I tell my teams, "Pay attention to sleep and I can give you three games a season."



Safe Assumptions You Can Make

- ⇒ Most people realize that making assumptions is bad and can get you into some serious trouble. As the saying goes: “When you ASSUME, you make an ASS of U and ME.” Nevertheless, as humans we all tend to make them. So here are some “safe” ones....things you can feel okay in assuming:
- ⇒ The e-mails you send will be seen by more people than those they’re addressed to.
- ⇒ Things said “just between you and me” won’t stay that way.
- ⇒ The time you pick to take a long break or lunch will be the same time your boss looks for you.
- ⇒ The “minor” rule you choose to ignore will be the pet peeve of the manager that catches you.
- ⇒ Call in sick so you can do something else and you will be seen by someone who knows you should be working.
- ⇒ Treat one customer poorly and ten people will hear about it—including someone who has authority over you.
- ⇒ Your ability to get “another job” will be directly related to how well you do on the job you have now.
- ⇒ Whenever you think “no one will know,” someone will.
- ⇒ Whenever you think “no one will care,” someone will.
- ⇒ Whenever you think “it will never be missed,” it will.
- ⇒ Whenever you think you’re as good as you need to be, you aren’t



Happiness: 3 Tips From The World’s Oldest Case Study

Three powerful lessons learned from a 72 year old study started in 1937 when 268 Harvard University sophomores were asked to participate in a study measuring “a formula-some mix of love, work, and adaptation-for a good life.

- **Have a healthy outlet**
So many people in this study seemed to have all their ducks in a row. In their prime years in the 50’s and 60’s, they were making big money in powerful careers. They had beautiful families and lived in idyllic neighborhoods. Oddly enough, later in life, many of these fortunate people ended up breaking down mentally and physically. Why? If one didn’t have a healthy outlet for their fears, nerves, and struggles, it was only a matter of time before repressed demons erupted to the surface. The happiest people in this study had a healthy outlet. They were altruistic and had a rich sense of humor. They funneled their issues into sports, dancing etc.

Please see Back Page Happiness

Always remember.....

Livin’ the good life is not fancy trips and expensive jewels, high brow country clubs.....rather, livin’ the good life is livin’ the moment!!!!

Sweet Potato and Quinoa Salad

- ◆ 2 medium sweet potatoes, diced
- ◆ 1 large red bell pepper, diced
- ◆ 1 tsp. grape seed oil/pinch sea salt
- ◆ 1 clove garlic, minced
- ◆ 1 cup quinoa, rinsed and uncooked
- ◆ 2 cups vegetable broth
- ◆ 2 avocados, cubed
- ◆ Fresh parsley and ground pepper to taste

Dressing:

- ◆ 1/2 cup minced red onion/shallots combo (proportion is personal preference)
- ◆ 2 tsps. Extra virgin olive oil
- ◆ Juice of 1 lime
- ◆ Juice of 1 lemon, more if desired
- ◆ 1/4 tsp. cayenne pepper
- ◆ 1/4 tsp. sea salt

Preheat oven to 350 degrees.

Toss diced sweet potato and half of the bell pepper with grape seed oil and pinch of sea salt. Spread in a single layer on a cookie sheet and roast in oven at 350 degrees about 35-40 minutes until soft and slightly caramelized.

Meanwhile, in a medium saucepan combine garlic, quinoa, and broth. Bring to a boil over medium high heat. Reduce heat to low, cover, and simmer 12-15 minutes or until liquid is absorbed. Remove from heat and let stand (covered) 5 minutes, then transfer to a bowl to cool.

Combine all dressing ingredients and marinate until everything has finished cooking.

When the sweet potatoes and bell pepper are done roasting, let them cool slightly, then add (including the raw half) to the quinoa. Add the dressing and thoroughly toss. If more moisture is desired, add more lemon juice and olive oil to taste.

Add avocado and parsley. Toss thoroughly.

Add sea salt and ground pepper to taste.

Serves 6-8 as a side or 3-4 as main dish.



The Bird of Paradise alights upon the hand that does not grasp.

Taoist

To forget how to dig the earth and tend the soil, it is to forget ourselves

Gandhi

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Viable Options

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Faye Bradford

All New Times Coming Soon

Please call for times if you are not on schedulicity. If you are on Schedulicity Please go to www.schedulicity.com and book your appointments.



Massage It's What Is Happening

Happiness.....

As the study proves, a human being can get away with sustaining daily nerves, fears, and doubts for a number of years, but ultimately, such a nervous Nelly will crack. If you haven't already, develop an outlet, find a sport, hobby, commit to helping others, lighten up, and laugh more often. A wise one said, "A person without a sense of humor is like a wagon without springs, jolted by every pebble in the road."

- **Don't Take Yourself Too Seriously**
"Herein lies the key to a good life, not rules to follow, nor problems to avoid, but an engaged humility, an earnest acceptance of life's pains and promises."
In other words, one can only carry the burden of a big ego and lots of pride for so long before your proverbial knees will buckle. Don't take life too seriously.

We all have weaknesses. Do you really want to battle your dark side year after year? Or might it just be time to lay down your arms, take a deep breath, and enjoy life. Its shorter than you think.

- **Happiness is only real when shared.** According to this 72 year study, those who spend too much alone time ultimately struggle immensely. The happiest subjects in the study were those who sustained meaningful healthy relationships with friends and family. Once can never give enough hugs, say enough "I love you" and send enough "I miss you"