

Merry  
Christmas  
& Happy  
New Year



**Kelling Chiropractic Center**

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## **Is your Immune System Ready for Winter?**

So, are you doing anything extra these days to keep from getting sick this winter? Half of you just “wing it”! You think it’s out of your control and it won’t matter. A majority of folks will take vitamin C, eat some oranges and maybe drink some herbal teas. Let’s try something different that will REALLY make a difference.

Start with **probiotics**. We keep talking about them, but most people don’t understand them. It’s simple: Over 75% of our immune system is in our digestive tract; our small and large intestines. Without the “good” bacteria, you can’t digest and absorb nutrients that will feed and strengthen the rest of your body.

You don’t need to spend a lot of money on probiotics, unless you have an immune system that is compromised, taken multiple rounds of antibiotics, contracted hepatitis, suffer from an autoimmune disease, been through a cancer treatment protocol...you get the picture. A good probiotic will cost \$28-\$40 and is money well spent.

Please do not think you will get all your “good” bacteria from eating yogurt. Remember, the sugar will cancel out the benefits. Yes, you can load your daily plate with sauerkraut, tempeh, kim chi and plain Greek yogurt, drink kefir and kombucha throughout the day...however, I am pretty sure that over 95% of us will find it easier to take a couple of capsules a day.

Secondly, we should all be supplementing with vitamin D, especially in the long winter months. Unless you are going to be spending them in Texas, Arizona or Florida, (I wish!), you will not get the minimum daily requirement of vitamin D from the sun. Low levels of vitamin D have been linked to everything from Season Affective Disorder, depression, osteoporosis to breast cancer. Increase your supplementation during the winter. I have found a vitamin D product I really like called **Replesta**. It is a chewable wafer that you need to take only once a week. It has been proven effective in studies on reversing osteoporosis.

Lastly, I did not get sick this year, not even once and there’s only one thing I did differently.....I bought myself a juicer last Christmas! It was the best present I think I’ve gotten since my first BB gun!! We juiced 3-4 times a week and everyone in my household saw the benefits of doing so. Even my son stated that his allergies were cured. This is the first year that he did not need to take anything, be it natural or OTC.

Just remember, juicers are like cars...you get what you pay for. My first juicer cost \$60 and I burned it up within 2 1/2 months. My present juicer is in the \$100-\$160 range and it is not showing any signs of wear and tear to date. So, ask Santa for a juicer for Christmas this year!!

Wishing you all a safe and healthy Holiday Season,

**Dr. Kelling**

*For unto you is born this day in the city of David a Savior, which is Christ the Lord.....Luke 2:11*

*For we saw His star in the east and have come to worship Him.....Matthew 2:26*

*For unto us a child is born. Unto us, a son is given.....Isiah 9:6*

## **Emotionally First, Physically Second.....To Boost Your Immune System by: Linda M. Laskowski, Cct.**

To date, there are about 100 known autoimmune illnesses, impacting up to 50 million Americans, according to the American Autoimmune Related Diseases Association (AARDA), and that number is on the rise.

The CDC has finally acknowledged that any disorder in our immune system is first and foremost, emotional. It is estimated according to their records more than 85% of our emotions lie unresolved and as a result it wears our immune system down to the point that we become vulnerable to all sorts of health challenges and disease.

I have advised my clients for over 25 years to boost their immune systems by cleaning out their colons. Why? Most people don't realize that more than 90% of our immune system lies within our colons. It is the small intestine that is lined with pencil like villa containing Velcro like wrappings that trap the food until the chyme (digestive juices from the stomach that mixes with the pancreatic juices) can break down our food and get it into our system. If we can't do this process then we weaken our entire system and set ourselves up for a life of health challenges and/or disease.

We can fix the problem physically with some diet changes and enzymes designed to build the ones that are missing from our gall bladder, liver and pancreas. However, that is just a band aid if we are not willing to look at the root cause of "why" our immune system is sluggish and needs rebooting.

Take a look at these emotional components that could possibly be the probable feelings causing your illness and or health challenge.

1. Any feelings that go against your inner peace.
2. Giving up.
3. Inability to care (have feelings) for others.
4. Feeling that "everything is out of my control."
5. Feeling "there's no use trying anymore."
6. Feeling "I am not enough."

Feelings Buried Alive Never Die by Karol Truman became my Bible of sorts over 20 years ago, when I wanted answers to my own problems, and desperately wanted to help my ever growing clientele. The answers are always inside each of us, and for many, including myself getting quiet and going within can be a scary and daunting voyage. However, it is a trip that must be taken as it is the only way to get the answers that one seeks.

An unknown fact that has recently popped up in research papers done by psychiatrists is they now believe the healthier the gut flora is the better response they get from their patients and their patients ability to think through problems that would normally disassociated them from reality. So you see, your gut is also your second brain....keep it well-nourished and let's get these two brains working together.

Take some quiet moments.....meditate on the above mentioned emotional feelings....purchase some enzymes to assist your body, and really start to boost your immune system for the coming months.

## **Antacid Drugs Can Cripple You**

A leading integrative health specialist out of Texas recommends Aloe Gold before she decides to prescribe any antacid drug. Especially after the FDA's stern warning about long-term use of drugs classified as proton pump inhibitors, PPI's. In a nutshell, the FDA statement warned people avoid taking PPI's for longer than three 14-day treatment periods as there is an increased risk of bone fractures. Many people take them daily and for decades.

One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion is to take the Aloe Gold for relief of associated symptoms.

## **Aloe Gold Helps the Immune System to Calm Inflammation**

According to a leading aloe research, when correctly processed for digesting, the Aloe plant has a powerful component for regulating your immune system called Acemannan. So whether it's damage that is physical, bacterial, chemical or autoimmune, the natural plant helps the body stay healthy.

## **RAPID ACID AND HEARTBURN NEUTRALIZER**

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system.

## **SIDE STEP HEART CONCERNS**

So you've been taking PPI's for years and you feel just fine. In June of 2015, a major study shows that PPI use increases the risk of heart attack in the general population.



## Juicing for Allergies



I have probably suffered from allergies my whole life, but they didn't become a problem until I was in my 20's. I discovered how bad they were when I bought my house and became responsible for mowing my own grass. My eyes would become itchy and depending on how high the pollen count was, my eyes would swell shut. Being female, you get a little self-conscious about looking like you were just in a boxing match and lost horribly.

I went to an allergy specialist and had the pin prick test to see what actually I was allergic to. Then I proceeded with the weekly allergy shots in the office. What a pain! One evening I had my shot, waited the appropriate amount of time before leaving the office and when I got home I couldn't stop scratching. My throat had started to swell. I called the doctor's office and thank goodness they were still there. I raced back to their office and got the shot to get me past my reaction. They gave me a shot to bring home with me in case I had a reaction to future shots. Well, I went back for a few more weeks and was so paranoid that I stopped going all together.

I then tried over the counter allergy relief medications. Some would work for a little while, then I would have to change to another brand. Then that brand would keep me wake all hours of the night. I was at a total loss as to what I should do.

Now, fast forward almost 25 years. I am now almost 50 years old. I'm involved with a guy that eats healthy the majority of the time. I'm the bad influence. We decide we want to start juicing in November of 2015. I started off slowly because there was no way you were going to get me to drink beet juice! I started with carrots and apples and hesitantly added a beet one day. Well, I will be the first to admit I was wrong about the taste. I really enjoyed it. I have tried other ways of juicing and now I'm hooked. We juice at least 3-4 times a week.

I experimented with several different recipes but the two I usually make consists of 6-8 carrots, 2 apples and 2 beets to make 2 16 oz. glasses. Another favorite is one I googled for sinus congestion. Dr. Oz and Oprah drink a glass of this juice daily. It consists of 2 apples, 3 celery stalks, a cucumber, about 1" of ginger root, ½ a lemon with the rind, a whole lime with rind, 1 bunch of parsley and 2 cups of spinach. This one will clear your sinuses quickly. I recommend having a high quality juicer in order to extract the maximum amount of juice and nutrients. Somewhere in the \$120-\$175 range. It will be money well spent.

Now Spring comes and goes and we are in full blown grass mowing season. It took my boyfriend pointing out to me that I was not sneezing, rubbing my eyes or putting ice packs on my face to bring down the swelling. I can honestly say I am truly amazed at how fresh fruits and vegetables can heal you in so many ways. Juicing has become an enjoyable part of my life and also allows me to enjoy the outdoors without being miserable.

***Kelling Chiropractic Patient***



## Health Benefits of Probiotics

The health benefits of probiotics include an increase in nutrient intake and a relief from a number of gastrointestinal issues, including constipation, irritable bowel syndrome (IBS), gastroenteritis, and lactose intolerance. They help to maintain the vital balance of good and bad bacteria in our digestive tracts, while alleviating muscle pain and fatigue. Probiotics also support the immune system and may help to prevent serious illnesses like cancer, Chron's disease, ulcerative colitis and even rheumatoid arthritis.

Probiotics are actually defined "as microorganisms in practical applications today, they can be thought of as any microorganism that positively benefits our intestinal microbial balance. They are living organisms that can significantly benefit their host. The addition of probiotics to a diet can maintain this healthy balance by building up positive forms of bacteria to counteract the negative effects of certain dietary choices.

These bacteria are first conferred upon us as infants during the passage through the birth canal transferred from our mothers. This is the reason why babies delivered by Caesarean section have significantly lower levels of beneficial bacteria and some have slightly weaker immune systems and susceptibility to allergies.

The most commonly used types of probiotics are Lactobacilli and Bifidobacterial, but *bacilli* and various types of yeast also function as probiotics. They can be ingested through certain fermented foods that contain live cultures, like yogurt, or they can be taken as dietary supplements. Goat's cheese and butter-milk are also natural sources of probiotics, while certain leafy greens contain probiotics, but in lower concentrations.

When a person contracts a bacterial infection, antibiotics are often turned to as the immediate solution, but antibiotics kill bacteria arbitrarily, wiping out both good and bad bacteria in the intestinal tract. By eliminating the beneficial bacteria, the body is vulnerable to various digestive issues and their overall health can be threatened. Rapid replacement of these beneficial bacteria is very important, and introducing probiotics to a health regimen is an increasingly popular method to just that.

There are a number of different probiotic types or "strains" that are specifically chosen for their unique properties., depending on what gastrointestinal symptom the user would like to eliminate.

The health benefits of probiotics include the following:

**Increased Nutrient Intake:** Probiotics can positively impact bio-availability, which means the body is more capable of extracting beneficial nutrients from the food we eat so none of it goes to waste.

**Immune System:** By consuming probiotics and actively working to maintain the balance of good and bad bacteria within your gastrointestinal system, you can actually improve the strength and efficiency of your immune system.

**Lactose Intolerance:** Probiotics can be very helpful for people suffering from the effects of lactose intolerance. This inability of the body to process lactose (due to a lack of the enzyme lactase) can cause serious digestive problems, but some studies have shown probiotics to lessen the effects of lactose intolerance when lactose is ingested.

**Constipation and Diarrhea:** Another common reason for the use of probiotics is a treatment for constipation and diarrhea. By replenishing the good bacteria eliminated by antibiotics with probiotics in your diet, it is possible to decrease or eliminate chronic or individual episodes of constipation and diarrhea.

**Irritable Bowel Syndrome:** Studies indicate that probiotics may improve or prevent the symptoms of irritable bowel syndrome in a significant number of test subjects.

**Reduction of Yeast Infections in Women:** The consistent use of probiotics has also been effective in the treatment of yeast infections in women. Studies have also shown that the use of probiotics can help treat urinary tract infections and bacterial vaginosis.

### Top 3 Immunity Benefits of Probiotics



### Other Amazing Benefits of Using Probiotics Include:

- Aid in digestion
- Improve resistance to allergies
- Fight yeast & fungal infections
- Prevent constipation & diarrhea
- Help fight urinary tract infections
- Improve liver function
- Improve absorption of nutrients
- Alleviate bloating & heartburn
- Prevent skin problems
- Reduce accumulation of cholesterol & plaque in the arteries
- Improve lactose digestion
- Improve tolerance to antibiotics
- Maintain a balanced pH level
- Help maintain hormone balance
- Assist detoxification
- Enhance mental clarity
- Help regulate activity of the bowels
- Inhibit formation of tumors
- Enhance calcium metabolism, helping to prevent osteoporosis

+ Many More

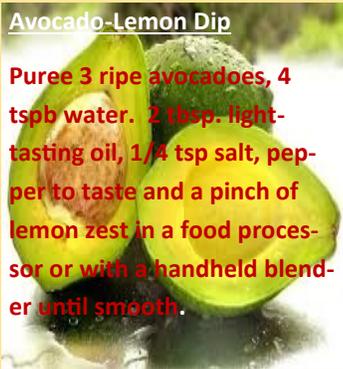
## Three Delicious Ways To Beat Inflammation and Get Your Immune System Back in Balance

Inflammation is your immune system's way of protecting your body-whether from a virus or injury. Unfortunately, stress, certain medications and even a diet high in fat or sugar can take inflammation from an occasional flare-up to a perpetual condition. The result: a number of unpleasant issues, including weight gain, irritable bowel symptoms and even depression. Give your overtaxed system the respite it needs with these restorative plant-based eats.

*Avocados contain an arsenal of inflammation fighters, including oleic acid and photochemicals.*

### Avocado-Lemon Dip

Puree 3 ripe avocados, 4 tsp water. 2 tsp. light-tasting oil, 1/4 tsp salt, pepper to taste and a pinch of lemon zest in a food processor or with a handheld blender until smooth.



### Ginger and Turmeric Milk

Heat cup unflavored sweetened soy milk in saucepan until hot. Whisk in 1/2 tsp turmeric powder, 1 1/2 tsp freshly crushed or grated ginger, 1 tsp maple syrup and a pinch each of salt and freshly cracked black pepper. For added froth, give it a whirl in a high-speed blender.



*Ginger and turmeric help to both prevent damage (which can lead to inflammation) and cool reactions.*

### Chewy Trail Mix Clusters

Mash 1 overripe banana in a mixing bowl and stir in 1 tbsp honey. Add 1 cup unsweetened dried coconut and stir well. Add 1/4 cup of chopped raw almonds, 1/4 cup chopped dried tart cherries, a pinch of salt and, if desired, 1 tbsp mini dark chocolate chips(70% cocoa) and stir until well combined. Scoop a level tablespoon of mixture and squeeze gently with your hands to form a ball. Place balls on non stick cookie sheet and bake at 350 for 14-16 minutes.

## Dr. K's Tea Time

Every man is  
born an original but  
Sadly, most men die  
Copies.  
Abraham Lincoln

You are  
As young as your  
Faith and as old as  
Your doubt.  
Samuel Ullman

In  
Order  
To be a realist,  
You must believe  
In miracles.  
David Ben-Gurion

*A ship in harbor is  
safe, but that is not  
what ships are built  
for.*  
William Shedd

## 5 Most Commonly Used Supplements

- Multivitamin
- Omega-3 fish oil
  - Calcium
  - Vitamin D
  - Vitamin C

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Creams, nutritional supplements, treatments, lotions and potions. We are always looking for the next miracle product to keep skin looking healthy and young. However, there is one essential, inexpensive and often overlooked nutrient right at your fingertips: **water**.

Just as a car cannot function without oil, our bodies cannot function without water. After oxygen, H<sub>2</sub>O is the most important component of the body, responsible for 65-75 percent of its composition. And of this, 80 percent is dedicated to the skin.

Water is the medium for various enzymatic and chemical reactions in the body. It moves nutrients, hormones, antibodies, and oxygen through the blood and lymphatic systems. Devoid of water, the skin becomes dehydrated, resulting in a dry, dull tone.

To keep the complexion looking smooth and blemish-free, drink water upon waking and continue drinking it throughout the day. At least six 8-oz. glasses of

water should be consumed daily and more if you are exercising, perspiring, and/or in hot weather. One note: Do not increase water intake all at once, as the kidneys and digestive system need time to adjust. Add one 8-oz. glass every day or every second day. Not only is water important for skin health, it can also play a key role in the prevention of disease. Drinking eight glasses of water a day is believed to decrease the risk of colon, bladder and potentially even breast cancer.