

January, 2017

Happy New Year

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What are you going to do to Improve Your Health in 2017?

There are several things you can do that will take your health to the next level. Are you willing to make the little changes in your lifestyle that will get you there? Here are the first 10 measures you can take immediately to start you on the right track towards better health in the upcoming New Year and for years to come:

1. **Drink More Water**-It is recommended that we consume half our body weight in water daily.
2. **Exercise**-Increase cardio to a minimum of 30 minutes a day, 4 times a week.
3. **Take Key Supplements**-I recommend the following: A good multi-vitamin, fish oil, vitamin D and B-complex.
4. **Quality Sleep**-The goal is 8 hours...hope for six.
5. **Reduce Sugar and Caffeine Intake**
6. **Carbohydrate Restriction**-2 pieces of bread has the equivalent effect on your blood sugar as a heaping table-spoon of sugar.
7. **Reduce Your Stress Level**-Reducing your stress level will reduce your cortisol levels. When you are in "Adrenal Fatigue Syndrome", the excess cortisol will be deposited in the fat cells around your waist. Decrease your stress and lose inches. Yoga, tai chi and meditation are excellent ways to help you to lower your stress.
8. **Reduce Your Risk for Dementia:** Your brain's favorite cuisine is Mediterranean. Following this diet has been shown to reduce the risk of Alzheimer's by 53%.
9. **Shift your body's PH**-Try intermittent fasting on an **alkaline diet**. A short cut to this would be to get a juicer and use it 3-4 times a week.
10. **Want to look and feel younger?:** Try monthly chiropractic and massage therapy.

All of us here at Kelling Chiropractic would like to wish you and yours and happy and healthy New Year.

Dr. Kelling

Commit to the Lord whatever you do, and He will establish your plans.

Proverbs 6:3

Remember ye not the former things, neither consider the things of old.

Isaiah 43:18

Should you Detox for the New Year?

Why Do We Need To Detoxify? In a world of processed foods, pesticides, pharmaceutical drugs, mercury, plastics, and chemicals—you cannot get through a day without being exposed to harmful toxins. Your body is designed to naturally detoxify itself through different organs in the digestive system. Eating the right foods can increase the effectiveness of your ability to detox, preventing toxins from building up in your system and leading your body to suffer from sickness and ailments.

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How Often Should You Detox? Everyone should do some sort of detoxification boost or diet at least once a year to prevent build up of toxins, maintain health, and prevent disease. And in between those heavier detox diets, to eat a regular diet rich in the right foods as a way to maintain a healthy equilibrium.

What Does A Detox Diet Look Like? There are all kinds of detox diets out there, but one that works well for many people is a juicing fast. The reasons why it is so effective are because raw foods are naturally rich in water, enzymes, antioxidants, and nutrients that help boost your body's ability to detox. Then combine that with fasting from other foods and drinks such as processed foods, alcohol, or caffeine and you can really get a jump start for your detox program.

Whether you decide to go all the way and do a juice fast or you just want to increase your intake of detoxifying raw foods for maintenance in between detox fasts, here is a useful list of the kinds of raw foods to eat and why they are so beneficial. Don't forget to buy organic if you can to minimize exposure to harmful pesticides, one of the many reasons for needing to detox in the first place. If you can't buy organic for whatever reason, make sure to thoroughly wash your produce with soap and water or a produce wash before you blend.

- **Green Leafy Vegetables and Broccoli sprouts** are excellent foods to eat to aid in detoxification. These include spinach, chard, wheat grass, barley, arugula, blue green algae, spirulina and kale. All are high in chlorophyll which help your liver break down and eliminate toxins. Chlorophyll also acts alone to clean your body of environmental toxins like smog, pesticides, and heavy metals. And baby broccoli sprouts are extremely high in antioxidants which stimulate the detoxification enzymes in the digestive tract.
- **Raw vegetables** high in sulphur and glutathione are excellent foods to include in a detoxification juice fast or for detoxification maintenance. They help the liver purge toxins for a deep cleanse. These vegetables include artichoke, asparagus, beets, brussel sprouts, cabbage, cauliflower, garlic, kale, oregano, and turmeric.
- **Garlic** gets its own category as a powerful detoxifying food. Eat it raw or cooked. Put it in everything! It helps the liver produce the detoxifying enzymes that work in the digestive tract and eliminate toxins that way.
- **Fruit** is also a great detoxifying food. They are filled with water, antioxidants, fiber, and nutrients and vitamins like vitamin C—which all contribute toward detoxifying your body and preventing disease. Eat a variety, from as many different colors as possible to cover the nutrient spectrum. And leave the skin on if you can! Fiber is great and in many fruits, the skin has the most nutrients.
- **Citrus**, while a fruit, still gets its own category as a perfect detoxifying food. Lemons, oranges, and limes all work with the liver and enzymes in the digestive tract to flush out toxins. And with the extra dose of vitamin C in citrus, it acts as a super detoxifying food!
- **Beans, nuts, and seeds**—between the fiber, the protein, and nutrients found in these foods—they certainly help your body get the balanced nutrition you need, in a juice fast especially, and help your body flush out the toxins via the digestive tract. Mung beans in particular actually absorb toxins in the digestive tract on their way out. As for the nuts and seeds—choose a variety. The more variety, the better detoxification you get. The Vita-Mix blender has no problem blending beans, nuts, or seeds—actually liquefying and increasing your body's ability to absorb the powerful nutrients, while still adding fiber into your body.
- **Omega-3 oils** actually absorb toxins in the digestive tract and then flush them out—making them a must-have in any detoxification diet and in between. Get your omega-3 oils from whole foods like avocado, flax seed oil, hemp oil, or olive oil. Pour a tablespoon in any Vita-Mix recipe without even noticing a change in flavor. Even in smoothies!
- **Green Tea** is full of antioxidants like catechin, which specifically works with the liver. Thus, combined with the water when made into a liquid, Green Tea proves to be a powerful detoxifying beverage. Add green tea to your juice or alternate it with your juice—either way, it works and is delicious.

Epsom Salt Bath Benefits

Epsom salts have been used by many different cultures for hundreds of years. They have a number of different beneficial properties and are used in gardening, household cleaning and detoxifying the body. These salts are very inexpensive and can be purchased at bulk discounts in garden centers nearly everywhere. Using Epsom salt baths is an advanced detoxification strategy that has remarkable health benefits.

Epsom salts are named for a bitter saline spring located at Epsom in Surrey, England. Epsom is different than traditional salts in that it is actually a naturally occurring pure mineral compound of magnesium and sulfate. These minerals have very powerful health benefits that can enhance the detoxification capabilities of the body.

How an Epsom salt bath works:

Magnesium and sulfate are both readily absorbed through the skin and into the body's blood stream. The skin is a highly porous membrane that both takes in minerals and eliminates toxins every day. Using a powerful mineral base such as Epsom salts in a bathwater medium creates a process called reverse osmosis. This process pulls salt and harmful toxins out of the body and allows the magnesium and sulfates to enter into the body.

Magnesium plays a critical role in over 325 enzymes, helps to improve muscle and nerve function, reduces inflammation

and improves blood flow and oxygenation throughout the body. Sulfates are necessary building blocks for healthy joints, skin and nervous tissue. Epsom salts replenish the body's magnesium levels and sulfates. This combination helps to flush toxins from the body and helps build key protein molecules in the brain tissue and joints.

The use of regular [Epsom salt baths](#) has been shown to improve the symptoms of many health conditions including athlete's foot, gout, toenail fungus, sprains, bruises and muscle soreness. It is also good for anyone dealing with chronic disease or chronic pain to do regular Epsom baths to help detoxify and de-inflate while improving mineral and sulfur balance in the body.

Contraindications to Epsom baths would be if you are pregnant, dehydrated or have open wounds or burns on your skin. Individuals who are suffering with cardiovascular disease should always consult with a natural health physician who is familiar with the health benefits of Epsom salt baths before starting.



2017 A Year Marking The Start of New Beginnings

2016 equaled a “9” year, which signifies endings. Endings aren’t always bad as they make room for more opportunities for one to grow into fruition. Just like our bodies, as they regenerate each day, month and or year, they must rebuild on healthy cells to continue a life void of health challenges and disease and on a personal level, so do we.

Our lives are ruled by numbers from the moment we first breathe until we take our last breath. As we issue in 2017, marking a “1” year we begin yet another “9” year cycle. Let me explain fully how this cycle affects us in many ways, using my own birthdate. There are two cycles: a global one, based on the year, and a personal one, based on your birthdate.

As I enter 2017, I have all these new opportunities to look forward, as does everyone. Now based on my personal year number (1+2+1+2+2+0+1+7=16 which we bring to a single digit being 7), I once again enter my year of Trust and Openness. It signifies a time for gratitude in all things, both personal and business. I have come to the time that I can have ease and much enjoyment as I continue on my life cycle, looking back on my first year’s creative impulses, the second year’s teamwork and cooperation, the third year’s vulnerability and doubt, the fourth year’s regrouping and consolidation, the fifth year’s harvest and the sixth year’s sharing of it all. To this I am coming into full gratitude as I see how all prior challenges contributed to the present moment. As I enter both my global year and my personal year, these new opportunities will not be jaded with the old energies of 2016 and I, like my body, can regenerate new and healthy cells and relationships.

New Year doesn’t just mean party time. It is also a great time to reflect on our past year and see where we are on many levels. One ritual I have, is to the best of my ability, to have closure on any dealings personal and /or on a business level that would affect the coming year. I like to “bring it to the table” discuss things openly and have no miscommunication. This is the only way the other person and myself can make healthy decisions that would affect each other, by knowing the how, the what and the wherefore of what that person is thinking. However, when that is not an option, I then chose to do my own inner work and let it go. I am then able to ring in the New Year free of old energy. Recently, I listened to a guru-type person and he said something very interesting: “Be less of a somebody and more of a person.....you will have a better chance of showing up.” I think I will take that advice and toast the New Year with many new and exciting opportunities.

Happy New Year to all!!!!!! *Linda Laskowski-Viable Options*

DIY Vegetable Spray Wash

Add 1 Tbsp. of Lemon Juice, 2 Tbsp. of White Vinegar and 1 Cup of filtered/purified water to a spray bottle (may need a funnel). Screw on the top and shake vigorously. Generously spray the wash on your produce. Rub for 20-30 seconds by hand or use a [good vegetable brush](#) (on hard produce such as tomatoes, potatoes or apples). Rinse thoroughly with filtered/purified water.



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WORST	
1	Celery
2	Peaches
3	Strawberries
4	Apples
5	Blueberries
6	Nectarines
7	Bell Peppers
8	Spinach
9	Cherries
10	Kale/Collard Greens
11	Potatoes
12	Grapes (Imported)

BEST	
1	Onions
2	Avocado
3	Sweet Corn
4	Pineapple
5	Mangos
6	Sweet Peas
7	Asparagus
8	Kiwi
9	Cabbage
10	Eggplant
11	Cantaloupe
12	Watermelon
13	Grapefruit
14	Sweet Potato
15	Honeydew Melon

The cost of organic food

A new *Consumer Reports* study reveals how much more you'll pay. Hint: Don't assume that organic is always pricier. **Published 5/2016**

Many consumers would likely buy more organic food if it weren't so expensive. We recently conducted a unique price study, comparing the cost of a market basket of organic goods—fruits and vegetables, meat and chicken, milk, and other



edibles—to their conventional counterparts at eight different national, regional, and online grocers.

We compared more than 100 product pairings in all. On average, organic foods were 47 percent more expensive, but the range was huge. In a couple of instances, the organic product was actually cheaper, by as much as 13 percent for honey at Amazon Fresh. In fact, depending on where we shopped, we found organic lettuce, carrots, maple syrup, olive oil, and cream cheese for the same price or less than their conventional counterparts.

Simple and Crunchy Kale Chips Recipe

Ingredients: 6 cups of torn and de-stemmed curly kale, 2 tsp. [coconut oil](#), or grass fed organic butter, ¼ tsp. Himalayan or sea salt, 1-2 tsp. nutritional yeast, or to taste. Optional: 1 pinch sweet or smoked paprika

Procedure: Wash and spin dry the chopped, de-stemmed kale. It's important that the kale is completely dry before baking. Toss together the kale and coconut oil. Massage together with your hands until every leaf is coated. Sprinkle on salt, nutritional yeast and any seasoning you will be using. Toss again to evenly distribute. On a parchment-lined baking sheet, arrange the kale evenly without crowding or overlapping. Bake in a 300-degree Fahrenheit oven until crisp and dark green, approximately for 12 to 15 minutes. Cool completely before eating. This will allow the chips to crisp up further while cooling. Tip: Spice these kale chips up with your favorite flavors, such as chili powder, garlic powder or onion powder.

Dr. K's Tea Time

There is no such thing as too much love, even too much is not enough.

Unknown

A misty morning does not signify a cloudy day.

Ancient Proverb

If I had my life to live over, I would start bare-foot earlier in the Spring and stay that way later in the Fall.

Nadine Scair

Top 10 Drugs That Cause Kidney Damage: Please Do Not Ignore This

The damage to the kidneys can often be caused by the use of various drugs, so we tried to classify them and reveal the top ten, at least according to types: antibiotic, analgesic, etc.

These are the top 10 drugs which damage kidneys:

1. Antibiotics, such as ciprofloxacin, vancomycin, methicillin, sulfonamides.
2. Analgesics, like acetaminophen, as well as non-steroidal anti-inflammatory drugs (NSAID): ibuprofen, aspirin, naproxen, etc.
3. Antiviral drugs, such as indinavir and tenofovir, both used to treat HIV, and acyclovir (brand name Zovirax) which is used in the case of herpes infection.
4. Anticonvulsants, like trimethadione (brand name Tridione), used to treat seizures and other conditions, and phenytoin (brand name Dilantin).
5. COX-2 inhibitors, such as celecoxib (brand name Celebrex). Two drugs, rofecoxib (brand name Vioxx), and valdecoxib

(brand name Bextra) have been withdrawn from the market due to cardiovascular toxicity. They fall into the special class of NSAID which were intended to be safer for the stomach, but pose the same threat as other NSAIDs for kidney damage.

6. Chemotherapy drugs, like quinine, interferons, cisplatin, pamidronate, carboplatin, tacrolimus, cyclosporine, mitomycin C, bevacizumab; and anti-thyroid drugs, like propylthiouracil, used in the treatment of an overactive thyroid.
7. High blood pressure drugs, including captopril (brand name Capoten).
8. Heartburn drugs of the proton pump inhibitor class, such as pantoprazole (brand name Protonix), omeprazole (brand name Prilosec), esomeprazole (brand names Nexium, Esotrex), lansoprazole (brand name Prevacid), and rabeprazole (brand names Rabecid, Aciphex).
9. Lithium, used in the treatment of bipolar disorders.
10. Rheumatoid arthritis drugs, such as infliximab (brand name Remicade); hydroxychloroquine and chloroquine, used in the treatment of malaria, rheumatoid arthritis, and systemic lupus erythematosus.

Source: naturalmedicinehouse.com

Store-Bought Eggs vs. Farm-Fresh Eggs

Eggs found at the grocery store are laid by caged chickens confined indoors and fed an unnatural diet of corn, soy and cottonseed. Naturally raised chickens have access to pastures where they can forage for their own food. Free-ranging chickens enjoy eating green plants, fruits, insects and worms. Chickens are not vegetarians and are healthier when they can eat a natural diet. Choosing eggs from naturally raised chickens is also a more ethical and environmental choice. To find the best quality eggs, visit your local farmers' market to ask farmers how their chickens are raised and what they eat.

Omega-3 Fats

Omega-3 is a beneficial fat that can help reduce the low-grade inflammation in your body. This inflammation can lead to the development of cardiovascular disease and some cancers. Instead of buying omega-3 eggs that come from chicken fed flaxseeds, choose eggs from naturally raised chickens, which naturally contain two to ten times more omega-3 fats compared to regular eggs.

Vitamin E

Vitamin E is an important but hard-to-get nutrient that has beneficial antioxidant properties. In other words, vitamin E contributes to lessening the damages caused by the normal aging process and exposure to pollution and other toxins in your environment and diet. Eggs laid by free-range hens contain twice the vitamin E found in commercial eggs and can help you better meet your dietary requirements for this vitamin.

Vitamin D

Commercial eggs come from hens confined indoors that never see the sun. Pastured chickens can synthesize vitamin D by being exposed to the sun, and part of this vitamin D is transferred to the eggs. Natural eggs have three

to six times the vitamin D content of regular eggs.

Other Nutrients

The varied natural diet of free-ranging chickens allow them to pack a lot more nutritional value into their eggs, which is mainly concentrated in the yolk. In addition to the extra omega-3 fats, vitamin D and vitamin E, natural eggs contain more vitamin A as well as two important B vitamins -- folate, the natural form of folic acid, and vitamin B-12. Natural eggs also deliver more lutein and zeaxanthin, two antioxidants important for eye health.

Decreased Contamination Risk

Naturally raised chickens do not receive hormones or antibiotics. Their natural diet, regular exercise, happier life and sun exposure make them a lot healthier and more resistant to infections than caged chickens. Excessive use of antibiotics also contributes to increased antibiotic resistance and new strains of superbugs that are harder and harder to treat. Natural eggs can help decrease this problem.



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The War on Supplements

The media is punctuated with stories questioning the safety of dietary supplements. Most of them are alarmists, with headlines like “Dangerous Dietary Supplements Return to Store Shelves” and “Danger Lurking in Some Supplements”. The majority of reports usually involve a small group of unscrupulous manufacturers that have been caught selling adulterated products (often weight loss, body building or sexual enhancement blends sold online or in convenience stores), and ignore the millions of safe dietary supplements taken by more than 150 million people each year without incident. Too many of these news stories are wrongly stating that there is no regulatory oversight in the dietary supplement industry. This is simply not true. From the FDA’s own website: “FDA regulates both finished dietary supplement products and dietary ingredients.” The large majority of supplement manufacturers are companies with integrity who are producing safe products that have become an integral part of self-care for millions of people. There are bad players in every industry, but overall, supplements have an overwhelmingly safe track record. And yes, they are regulated.

ZERO Deaths caused by dietary supplements

22,767 Deaths caused by prescription drugs

The Regulatory Framework

In 1994, the Dietary Supplement Health and Education Act, or DSHEA, gave the Food and Drug Administration (FDA) regulatory oversight over the dietary supplement industry. DSHEA has a clear set of regulations regarding the manufacture and sale of dietary supplements, including vitamins, minerals, amino acids, herbs and other botanicals. The act defines permitted label claims (no supplement may claim to treat, prevent, mitigate or cure any disease) and grants the FDA the authority to regulate those claims. The FDA is responsible for taking action against any adulterated or misbranded dietary supplement product after it reaches the market. Additionally, DSHEA holds supplement manufacturers to “good manufacturing practices”, which are industry standards for maintaining product quality and safety. Further, the Federal Trade Commission (FTC) maintains authority over supplement advertising: Manufacturers must report truthfully what their products contain and must have proof backing up any claims they make.

