



Kelling Chiropractic Center

310 S Platte Clay Way Ste A

Kearney, Mo 64060

816-628-6141

Newsletter

September, 2018

Have You Experienced Unexplained Knee Pain?

Have you ever gotten out of bed in the morning with a stiff, achy, swollen or painful knee and there is no obvious or logical reason? Nearly everyone has experienced this at some point in their life.

When did it start? Where did it come from? What did I do to cause it? Better yet, how do I get rid of it?!

It's one thing if there was some acute trauma or injury to the knee that you can blame it on, but so often, the pain is unexplainable. I've found this occurrence to be more common in individuals who had competed in sports as a child or possibly had many years of activities or jobs that required repetitive bending, squatting, or walking on uneven ground. Obviously, there's a certain amount of "normal wear and tear" on our joints over time.

So maybe that weakness or problem is then brought to the surface by a variety of activities. I've found that I need to ask the patient what they did the day before. Did you take a long car ride? Did you go up and down a lot of stairs? Have you been on a ladder recently or simply walking out in the yard or pasture more than usual?

Once we determine there is no ligament damage to the knee, we will then decide the best course of treatment. You may need physical therapy, cold laser, rehabilitative exercises or kenesio taping. Most often, the knee is out of adjustment and needs a gently chiropractic adjustment.

The next time you're in the office and are experiencing unexplained knee pain, inform my staff, Dr. Newberry or myself. If we can't fix the problem, we will refer you to a specialist who can.

Dr. Kelling

James 1:2-4 Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

Oh, No! Not Shingles

Shingles is a condition that has been more prevalent in the past few years and there are a lot of misconceptions about the disease. My goal is to inform you about what it is and some ways to combat it.

Shingles is a virus caused by the same viral agent that gives people the chicken pox. If you have had chicken pox, the virus is still in you and you could potentially get the shingles at some point. The virus, varicella zoster, lies dormant in part of your nerves called the dorsal root ganglia following chickenpox. When this dormant virus becomes active, it causes the condition known as shingles which typically presents as a rash that appears in

a defined band. These bands classically are found in dermatomes or the areas which a single nerve courses in the body. Many people are confused about whether or not shingles is contagious. The answer is not black and white as you cannot give shingles to another person, but an active case of shingles can cause chicken pox in someone who has not had them before. If you had chicken pox previously, someone with the shingles cannot give you either shingles or chicken pox. The contagious part of the shingles virus is the fluid inside the blistering rash. Keeping this rash covered can prevent infecting anyone who hasn't had chicken pox before.

Shingles, as many of you are aware, can be a very painful process that sometimes heals rapidly and sometimes can take as long as 8 weeks for the rash to completely heal. There are some things that you can do to help speed up the process. The first thing has to do with diet.

There are certain fats that feed the virus and can prolong the disease process. The fats that the virus feeds on are found in dairy, nuts and chocolate, so avoiding foods in those categories would be a good idea. Certain nutrients can help your body to heal and fight the virus. L-lysine, vitamin C, zinc and calcium lactate are all good supplements to support your immune system throughout the process. There are also a wide variety of topical creams that can help soothe the pain from the rash. A cold compress can also be effective pain management.

Shingles can be a very tough condition to get through but by adding some supplements and avoiding sugary and fatty foods that feed the virus can help your body fight off the virus more quickly.

Dr. Newberry

Welcome to Kelling Chiropractic!

We have added a new member to our team here at Kelling Chiropractic!

Rachael Myers joined us as of August, 2018. Some of you have already had the pleasure of meeting her. Rachael is currently helping us in the area of therapy while she learns all other aspects of our practice.

We are very excited to have Rachael here and are sure each of you will enjoy her just as much as we do!

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

Simple Drinks Your Liver Will Love

- * **Water + 1/2 lemon**
- * **Water + cranberry, apple or citrus juice**
- * **Green Tea + lemon**
- * **Juice 1 beet, 2 carrots, 1 lemon and handful of parsley, add water to thin**
- * **Warm water + 1/2 lemon, 1/2 tsp turmeric and 1 tbsp honey**

6 TIPS FOR A HEALTHY LIVER

The health of your liver depends much more on what you avoid and what you *don't* do than on what you actively do to protect its health. Your liver is able to stay completely healthy on its own as long as you avoid harming it with pesticide exposure, heavy metal exposure and chronic ingestion of toxic substances like alcohol or acetaminophen.

Here are 6 tips for working towards keeping your liver healthy and maintaining its health for a lifetime.....

1. EAT PURE FOODS

Pesticides and chemical fertilizers on your food can harm your liver, so eating organic tops the list of things you can do to protect your liver function. Because the liver clears the blood of toxins and then is responsible for either processing or storing the toxins it removes, the best thing you can do to decrease the burden on our liver is to decrease the amount it has to remove from your bloodstream.

2. DRINK PURE WATER

Just like the foods you eat, purer water is better for your liver. There can be heavy metals, harsh cleaning agents like chlorine, added fluoride, pesticides and fertilizers, lead from corroded pipes, mercury, and more hidden in tap water. Alcohol is toxic to the liver and is major cause of liver disease. Avoiding alcohol is one of the most important things you can do to help preserve the health of your liver.

3. AVOID DRUG TOXICITY

This happens in two ways. First, drugs can be directly toxic to the liver, so avoiding them helps avoid liver damage. The most common drug that causes liver damage is acetaminophen. Acetaminophen is hidden in hundreds of over-the-counter drugs (like cold remedies) and prescription medications, so double-check you are not taking acetaminophen from multiple sources.

4. BREATHE PURE AIR

Air pollution and inhaled environmental toxic exposures, as well as using chemical-laden aerosol household cleaning products and beauty products, can harm your liver. Try using natural, non-toxic household cleaning products and avoiding personal-care and beauty products that contain chemicals known to be toxic.

5. EXERCISE DAILY

Keeping your body moving is really crucial for your liver in many ways, but perhaps the most important is that it helps avoid obesity (a major risk factor for fatty liver disease) and keeps metabolic syndrome at bay, as well as triglyceride levels down. This reduces three major risk factors for liver disease-obesity, metabolic syndrome, and high triglycerides-just keep exercising!

6. SUPPLEMENTS

There are a lot of supplements on the market boasting that they cleanse and detox the liver, but the problem is there is very little regulation over these supplements and some can actually harm your liver. Three supplements that have been medically proven to be helpful and safe in treating liver disease in a clinical setting are:

VITAMIN E has shown promising results in treating nonalcoholic fatty liver disease, due to its powerful antioxidant properties.

MILK THISTLE has been shown to improve mortality rates in patients with liver failure and may work by inhibiting toxins from binding to liver cell membrane receptors

COQ10 may have a role in preventing metabolic syndrome, improving glucose metabolism, and keeping cholesterol levels down, which helps reduce two big risk factors in liver disease.

Source: Mary Janes Farm

Dr. Laura Koniver, MD



All natural, homeopathic FORMULA 303 relieves the following conditions:

- Tension and Stress
- PMS, Menstrual Cramps
- Back Sprain and Strains
- Leg Cramps
- Muscle Spasms
- Low Back Pain
- Tight Muscles
- Nervousness

Life Hacks to Deal with Empty Nest Syndrome

If you're a parent of a child who's preparing to move out of your home for the first time, it's likely you'll experience feelings and emotions associated with empty nest syndrome. It can be difficult to deal with a quiet home that is now less occupied while also giving your child the freedom to enjoy their newfound independence.

Although it can be normal to suffer anxiety and sadness with the transition, there are a few ways you can deal with empty nest syndrome symptoms to ensure you can resume your normal life — and discover exciting new opportunities — without focusing too much on the absence of your children. Get back on schedule with these empty nester tips:

1. Stay busy as an empty nester. For parents who have a close relationship with their children, it can be easy to focus too much attention on their kids' lives instead of remaining present in their own. For empty nesters who are not used to living without their children, it's important to stay busy and maintain hobbies or activities throughout the week. Meet up with friends each week to socialize and make it a point to exercise with activities such as playing tennis, jogging and participating in yoga.

2. Set a schedule to communicate with your children. Empty nesters who may be struggling with the absence of their adult children in their home may find it difficult to refrain from contacting their child each day with phone calls and text messages. Although you don't need to feel deprived with how much you communicate, it's important as an empty nester to set a schedule that you can both agree on to ensure that you're not overstepping your boundaries. Consider scheduling a phone call every three days or once a week, which will allow you to have something to look forward to when you want to maintain a close relationship with the adult.

3. Establish new goals. As your life transitions to a new season when you begin to live alone with your significant other or by yourself, you can avoid empty nest syndrome by setting new goals for yourself in the coming year. Establishing goals or dreams you can work toward will allow you to maintain independence and feel fulfilled when the goals are accomplished. Consider creating goals that have been on the back burner for several years, which can include taking college courses, writing a book or running a marathon.

4. Revive the romance in your life. Although struggling with empty nest syndrome depression and loneliness can be challenging, it also makes for the perfect opportunity to revive your romantic life and allow it to thrive. For many empty nesters, this is the first time that they can focus on themselves and their partner.

For parents who are dealing with a variety of empty nest syndrome symptoms, it can mean scheduling a date night once or twice a week and enjoying activities that include wine tasting, dancing or cooking for one another. Consider enhancing your wardrobe with new attire that your spouse will appreciate and planning special surprises that help re-create that spark you feel when you are together. Empty nest syndrome and divorce can occur when children move out of the home, but can be avoided by valuing your relationship and allowing it to succeed with more effort. This will allow you to enjoy your partner's company and avoid divorcing due to empty nest syndrome, which can shatter the family dynamic.

EXTENDED THROUGH SEPTEMBER!!

Due to its wonderful success, we have decided to continue our August promotion through September. If you refer a friend or family member to be seen in our office, you can receive a gift certificate for a free 30 minute massage.

Referral must be seen as a new patient in order for gift certificate to be issued.

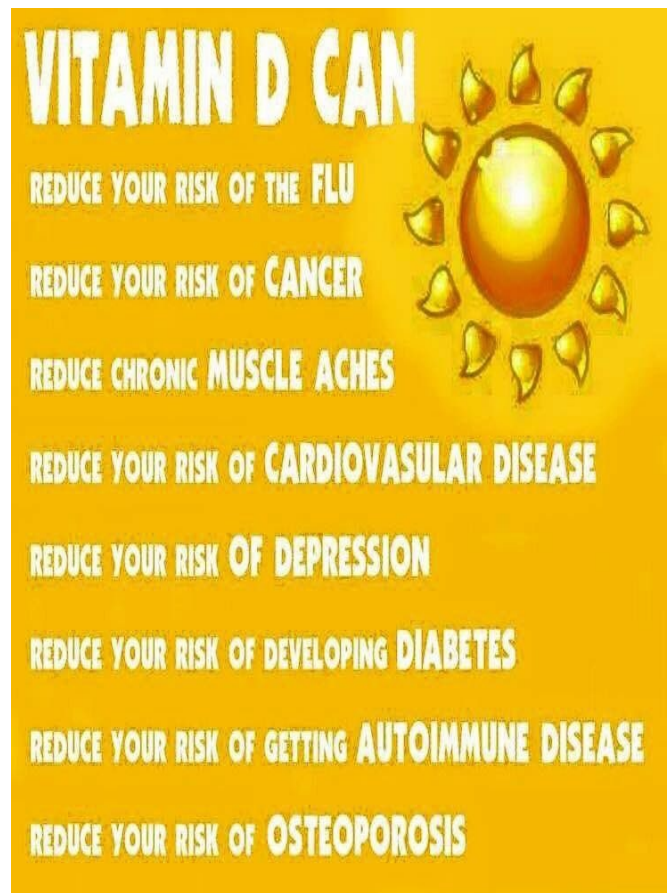


Don't Forget Your Vitamin D

With Fall approaching and us bidding adieu to the sunshine season, it is crucial that we get our daily doses of vitamin D. Vitamin D is crucial to keeping the winter blues at bay.

As temperatures drop and our minds drift towards camp fires and hoodies, it can be tough to remember to soak up the sun's rays. The sun is our best source of this crucial vitamin, but there are foods that are great sources as well.

- Fatty fish, like tuna, mackerel, and salmon.
- Foods fortified with vitamin D, like some dairy products, orange juice, soy milk, and cereals.
- Beef liver.
- Cheese.
- Egg yolks



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M-W-F 8:00am -6:00pm

Tue & Thur 12:00pm-6:00pm

OUR STAFF

Dr. Brian Kelling Dr. Clayton Newberry

Krystle, Tammy - Insurance/Billing

Gail, Courtney, Rachael- Therapy

Dawn, Hilary, Alison - Massage Therapists

All major credit cards accepted. For insurance coverage and billing, please direct your calls to Krystle or Tammy.



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| Dallin A | Trisha H | Darrel P |
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| Tyler B | Brandy J | Sue R |
| Cheryl B | Jennifer J | Nathan R |
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