



Kelling Chiropractic Center

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Newsletter

December, 2018

What is the greatest present you can give at the Holidays?

Christmas is an awesome time of year. It's a time for visiting family and friends, or renewing old acquaintances. We share gifts with those we care about and help those in need. Yet, the most common complaint after Christmas is how commercialized it has become.

So for those who want to take the commercialization out of the holidays, here are some excellent gifts that cost nothing. 1.) THE GIFT OF LISTENING... But you must REALLY listen. No interruptions, no daydreaming, no planning your response. Just listening- to your children or grandchildren as they excitedly tell you what they want Santa to bring. Or your spouse as they recount fond memories of Christmas. 2.) THE GIFT OF AFFECTION... be generous with appropriate hugs, kisses and pats on the back. Let these small acts demonstrate the love you have for family and friends. 3.) THE GIFT OF A WRITTEN NOTE... It can be a simple "thanks for your help" note. Or a Christmas card telling someone why their important to you. A brief, hand written note may be remembered for a lifetime. 4.) THE GIFT OF A COMPLIMENT... A simple and sincere "you look great in red," "you did an awesome job," or "that was an amazing meal," can make someone's holiday. 5.) THE GIFT OF A FAVOR... Everyday go out of your way to do an unsolicited act of kindness. "Open a door for a stranger" or "let someone with fewer items, cut in front of you at the store." 6.) THE GIFT OF SOLITUDE... there are times when we want nothing better than to be left alone to our own thoughts, to decompress from the stress around us. 7.) THE GIFT OF A CHEERFUL DISPOSTION... the easiest way to feel good is to extend a kind word to someone. It's not hard to say "Good Morning" or "Thank You."

Sometimes, the greatest present you can give during the holidays is to be... PRESENT. Enjoy the time with family and friends. It goes to fast.

From all of us at Kelling Chiropractic, I wish you a safe holiday season and very Merry Christmas.

Dr. Kelling

John 1:14: The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.



Headaches Part 2

This week we are going to discuss migraine headaches. These are not as common as tension headaches but still affect a lot of people as they are usually a recurring issue. These headaches present in a variety of ways but most commonly you will have a warning before the headache begins. These warning signs can range from neck stiffness, to seeing flashes of light, or hearing ringing sounds minutes to hours before the headache begins. When the headache begins you typically feel it on one side of your head and behind your eye. The pain is throbbing or pulsing and during the attack people have extreme sensitivity to light, sound and certain smells. The pain can be so intense that nausea and vomiting can also occur. These headaches range widely in frequency and duration, some people get them weekly while others only have a few per year.

As was the case with tension headaches, migraines can be triggered by many different factors. In order to find your migraine triggers it is recommended that you keep a headache log of when you get headaches and include your diet before the onset of the migraine. Certain foods can be triggers as well as changes in weather, some medications, specific smells, changes in estrogen levels and stress are all common triggers. Identifying the triggers that affect you most can help reduce the occurrence and severity of migraines.

What can you do if you suffer from migraines? Avoiding your headache triggers is the first and most important thing you can do. Reducing stress and regular exercise can also help limit your migraines. Chiropractors can help reduce these headaches as well by reducing tension in your neck that can often be the starting point of a migraine. There also medications that are effective for some who suffer from migraines. The two most important things for migraine sufferers are to start logging your symptoms and to talk your doctors! We are here to help if you suffer from migraines, and as always if we cannot help, we will try to send you to someone who can!

Subluxation:

a slight misalignment of a vertebrae.



Why do my children need chiropractic care?

The birth process is often the cause of your child's first subluxation. A very soft and undeveloped spine of an infant can suffer trauma during delivery. It is estimated that as much as 80lbs of pulling pressure can be exerted to remove a baby from the birth canal. Then, as children grow up and become more adventurous, the number of injuries to their spines become countless. The repeated falls as children learn to walk, the running, jumping, twisting, bumping and falling all over the place while playing in the yard or on an athletic field will often cause your child to become subluxated. However, often children do not show any signs or symptoms of being subluxated until later on in life. Chiropractic care offers your child a more responsive body, a more balanced flow of energy and overall increased performance as she/he passes through their windows of development.

MERRY Christmas

Our office will be closed Christmas Eve, 12/24 & Christmas Day, 12/25 to be with our loved ones during the holidays.

COME IN WE'RE

Open

Did you know our office is open Tuesday & Thursdays also?

Tuesday 12-6

Thursday 12-6

We also offer massage therapy in our office.

Ask someone at the front desk about our Gift Certificates we offer!

Ingredients

- 1/2 cup unsalted butter (1 stick)
- 2 1/2 cups shredded coconut
- 2 cups granulated sugar
- 3/4 cup dulce de leche see recipe in post
- 1/2 cup cocoa
- 24 pecan halves
- 1/2 cup milk
- 1/4 cup chopped chocolate or chocolate chips
- 1/2 tsp salt
- 1 tsp vanilla
- 1 tbsp milk
- 3 1/2 cups oats

Instructions

1. Line 2 baking sheets with wax paper and set aside.
2. In a large pot, combine butter, sugar, cocoa, milk, salt and vanilla. Place over medium-high heat and bring to a boil, whisking often. Boil 1 minute, and then add oats and coconut to the pot and stir until combined.
3. Drop by tablespoon onto prepared baking sheets and flatten the tops slightly. Allow to cool and set (you can speed this up in the refrigerator or freezer).
4. Once set, spread each cookie with a spoonful of dulce de leche and top with a pecan half.
5. Melt together chopped chocolate and milk and stir until smooth. Drizzle over cookies and allow to set at room temperature or in the refrigerator. Store cookies in the refrigerator or freezer.



No Bake Turtle Cookies

DID YOU KNOW?

“Jingle Bells” was written for Thanksgiving, not Christmas. The song was written in 1857 by James Lord Pierpont and published under the title “One Horse Open Sleigh”. It was supposed to be played in the composer’s Sunday school class during Thanksgiving as a way to commemorate the famed Medford sleigh races. “Jingle Bells” was also the first song to be broadcast from space.

Omega-3s from Fish Linked to Healthier Aging– Vital Choice

Wild Seafood & Organics

By: Craig Weatherby

Harvard researchers once estimated that the average American's lack of omega-3 fatty acids from seafood could cause up to 96,000 premature deaths annually in this country.

In fact, they ranked low omega-3 intake as a bigger risk factor than high intake of trans fatty acids, also known as trans fats. To learn more, see [Omega-3 Deficiency May cause 90,000-Plus Deaths Annually](#).

Now, the results of an extraordinarily long, reliable study link higher omega-3 blood levels to healthier aging, by reducing the risks for diseases known to cripple or kill people as they grow older.

New study links higher omega-3 blood levels to healthier aging

For the study, Tufts University researchers lead colleagues from the University of Pittsburgh, the universities of Texas, Washington, New Mexico, and Oregon, and more.

Their analysis was based on blood test and health data gathered from 2,622 adults who'd taken part in the U.S. Cardiovascular Health study from 1992 to 2015.

Among the volunteers— whose average age was 74 years— 63% were women and 11% were from non-white ethnic groups.

At the outset of the original Cardiovascular Health study, the researchers conducting that investigation measured the participants' blood levels of various omega-3 fats, whose levels were measured again six and 13 years later.

The blood tests measured four different omega-3 fats— EPA, DHA, and DPA from seafood, and ALA from plant foods— whose differences we describe under "Important distinctions among omega-3s", below.

After reviewing the participants' medical records, the researchers found that 89% experienced unhealthy aging over the

study period, while 11% experienced healthy aging— which was defined as being free of major chronic diseases and mental or physical dysfunctions.

Comparison of each participants' omega-3 blood levels to their health status revealed that *those with the highest levels of sea-food-derived omega 3 EPA were 24% less likely to experience unhealthy aging*, compared to those the lowest EPA levels.

The authors said that the link between high EPA levels and low risk for unhealthy aging might relate to EPA's role in regulating blood pressure, heart rate, and inflammation.

However, DHA also plays a key role in regulating inflammation, which is a major risk factor from cardiovascular disease, dementia, and other conditions associated with aging— which makes the lack of a link between DHA and healthy aging very surprising.

That said, the study was unusually long (up to 22 years of monitoring), and relied on blood tests, rather than mere estimates of omega-3 intakes based on diets questionnaires.

When all was said and done, *the researchers' analysis linked higher blood levels of omega-3s from seafood— EPA and DPA— to lower risk of unhealthy aging*.

As they wrote, "These findings... support guidelines [that call] for increased dietary consumption of fish among older adults."

We'd add that findings also support higher consumption of fish amongst people of all ages, because it takes decades for diseases to develop, and it makes no sense to wait.

New findings git with those of prior studies

In addition to the 2009 Harvard study described at the beginning of the article, two

similar ones verify the anti-aging benefits of omega-3s from seafood.

That same year, a separate study from the Harvard School of Public health linked higher blood levels of omega-3 DHA and EPA— but not higher levels of omega-3 ALA or omega-6 fatty acids— to reduced risk for cardiovascular disease (de Oliveira Otto MC et al. 2013).

The findings of that second study undermine persistent advice to replace animal fats like butter and lard with vegetable oils.

Unfortunately, most of the cheap vegetable oils consumed in the US are very high in omega-6 fatty acids— a fact that explains America's extremely excessive, hence pro-inflammatory, intake of omega-6 fats.

Rather than corn, soy, safflower, and sunflower oils, which are very high in omega-6 fats, it's better to choose oils that are high in monounsaturated oleic acid and/or omega-3 ALA.

The best choices are extra-virgin olive oil, high oleic sunflower oil, macadamia nut oil, and canola oil (look for non GMO canola).

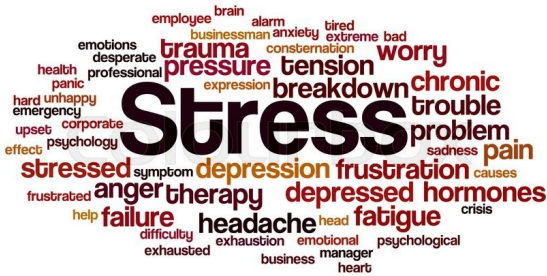
Important distinctions among omega-3s

Seafood is the only good source of EPA, DHA, and DPA while considerably small of ALA are found in certain plant foods— especially leafy green vegetables, walnuts, and flax seeds or flaxseed oil.

Omega-3 DHA and EPA are both essential to immune function— especially inflammation control— while DHA is essential to brain and eye function and child development.

The limitation explains why it's a very good idea to either eat ample amounts of seafood— especially fatty species like salmon and sardines— or take supplemental fish or krill oil.

ARE YOU OR SOMEONE YOU KNOW STRESSED THIS HOLIDAY SEASON??



We offer gift certificates in 30 minute, 60 minute, or 90 minute increments for people in need of a massage.

Make sure you ask someone about it, massages make for great gifts around the Holiday Season.

STRESS TEST

1. I found myself getting upset by trivial things.
2. I experienced breathing difficulty
3. I found myself getting upset rather easily
4. I found I was very irritable.
5. I felt I was close to panic



If you have signs that resemble any of these you may be in need of a stress free afternoon. Contact our office to get in for a massage.

Beating Holiday Stress

It is possible to survive the holiday frenzy without feeling frantic -- if you know how. Here are top tips from some of the nation's leading stress experts.

Article by WebMD

The holidays really are the best of times and the worst of times. Our tidings of comfort and joy can so easily be devoured by the insatiable stress to do it all, be it all, and buy it all.

And that stress is nothing to ho, ho, ho about, either. It increases your risk of illness. Yet it is possible to survive the holiday frenzy without feeling frantic -- if you know how. Here are top tips from some of the nation's leading stress experts:

Tip 1: Shop so you don't drop. Domar's ritual is to take a personal day off work in the middle of the first week of December. "I hit the mall as soon as the doors open, carrying nothing but an empty backpack and my credit cards," she says. "The crowds haven't yet descended, the salespeople are still helpful, and there's plenty of stuff on the shelves. When I've bought too much to carry, I go back to the car, drop it off, and go back in again. It's amazing how much I can accomplish."

Tip 2: Treat yourself. All that hustling and bustling can drain you. Domar suggests that for every 10 presents you buy for others, you select a little indulgence for yourself. "I might go with a little Godiva truffle or a Dave Barry calendar -- nothing expensive, just a little pick-me-up." She also recommends regular exercise and making time for a movie date with your partner, a soak in a hot tub, or a solitary evening of soothing music.

Tip 3: Skip the Nutcracker. Or if that is simply too much heresy, go ahead and take in the ballet but forgo the big menorah lighting, or the Santa parade, or the holiday ice show. The point is, don't drag yourself or your family from event to event. Think quality, not quantity. Domar recommends allowing each child to pick two events as must-dos. "

Tip 4: Stretch the season. If December is a hotbed of socializing, the weeks that follow tend to be a wasteland. That's why Domar proposes people schedule their holiday bashes for mid-January. by then, guests actually welcome the idea of a party, and you'll have the luxury of time to put it together.

happy happy BIRTHDAY to you

Linda A.	Nicole C.	Charley H.	Evan M.
Hannah B.	Gary C.	Linda H.	Loli M.
Renne B.	Mary E.	Lillian H.	Tony P.
Steve B.	Brian E.	Misty H.	Karen R.
Bill B.	Gail E.	Gaylen J.	Ralph S.
Sandra B.	Scott F.	Collette K.	Christina S.
Dana B.	Teresa G.	Karen K.	Sandy S.
Kim C.	Jennifer G.	Katie K.	Jacob V.
Pam C.		Seth L.	Katherine W.
Athena C.	Janet G.	Dave M.	
Penny C.	Janell G.	Don M.	
	Jodi H.		

Kombucha

- Kombucha is a rich source of probiotics
- Kombucha provides the benefits of Green Tea
- Kombucha contains Antioxidants
- Kombucha can kill Bacteria
- Kombucha may reduce heart disease risk

Kombucha is a sweet, fizzy drink made of yeast, sugar, and fermented tea. It has a number of potential health benefits including gut health and liver function.

Did you know?

Some zoos take donated Christmas trees and use them as food for the animals.

IT'S THE MOST
wonderful
TIME OF THE
year



Want to know a useful way to recycle your Christmas tree?

In 1962 – the US issued the first Christmas postage stamp.



★
when
you
CHOOSE
joy

You feel good
& when you feel
good, YOU do good
& when YOU do good
it Reminds others
of what joy feels like
& it just♥
might inspire
them to do
the same.

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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, Rachel - Therapy

Dawn, Hilary - Massage Therapists

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