



Happy New Year

Kelling Chiropractic Center

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Newsletter

January, 2019

Let's start 2019 by reducing our inflammation

Everyday foods like bacon, eggs, coffee and dairy products are linked to inflammation. That might not sound like a big deal however when you consider that most chronic conditions like cancer, arthritis, diabetes, and obesity have been linked to inflammation, then it makes sense. Low grade inflammation is a factor in most health issues. And if you suffer a pain disorder, you better believe that inflammatory foods will aggravate the condition.

Many common foods in the Standard North American Diet can cause or exacerbate inflammation in the body.

Here are my picks for the top 12 inflammatory food:

1. What I call the "3 P's Processed, Packaged, or Prepared foods. And, yes fast food is at the top of the inflammatory foods thanks to harmful oils, sugar and artificial sweeteners, food additives and a whole host of nasty ingredients.
2. Hydrogenated and trans fats found in margarine, shortening, lard, or products made with them. That includes baked goods, cookies, pies, and buns.
3. Meat (not wild-caught fish) I am not

suggesting that you have to go vegan or vegetarian although a plant based diet tends to be much lower in inflammatory substances but meat and poultry tend to cause inflammation so make them the background of your meals not the main dish.

4. Fried foods (French fries, onion rings, potato chips, nachos, hamburgers, etc.)
5. White sugar and sweets, including soft drinks and sweetened juices. Newer research is showing that sugar is one of the most addictive substances you can use. It's also highly inflammatory. Choose fruit as your "go to" food when you're craving something sweet.
6. Synthetic sweeteners (NutraSweet, Splenda, Saccharin, Aspartames, Amino Sweet, etc.) research links these substances to many serious health conditions.
7. Iodized salt (use Celtic Sea Salt instead) Choose unrefined salt which naturally contains many different minerals, not just sodium.
8. Food additives, colors, flavor enhancers, stabilizers, preservatives, etc. Some of the main ones include sulfites, benzo-

ates, and colors named FD&C or "X".

9. Dairy products (yogurt, ice cream, cottage cheese, butter, cheese, etc.) The reasons dairy products are inflammatory are too lengthy to list here, but today's dairy products are packed with hormone, antibiotics, and other harmful ingredients.
10. Wheat products. Wheat is highly acid-forming and inflammatory in the body. Worse, most wheat available now is genetically modified (GMO). Many serious health conditions are starting to be linked to GMO wheat consumption.
11. Gluten is found in most grains and is highly inflammatory. Choose grains or seeds like buckwheat, quinoa or millet for baking.
12. Alcohol. High in sugar and a burden to the liver. It is best eliminated or used in moderation.

Good Luck in making these dietary changes. Try just one every couple of weeks. Let's get healthy in 2019!

2 Corinthians 5:17: Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

January -Dr. Kelling



Hydration in Winter

Staying hydrated is important at all times of the year, but for whatever reason, we tend to struggle more in the winter months. Water is essential for many of our body functions including temperature regulation, digestion and metabolism control, among many others. We tend to drink more water when we feel overheated, it is natural for us to seek water to cool ourselves off, but keeping hydrated is just as important when we are in the winter months.

There are many benefits to keeping our water intake at a high level. The relevance for winter is metabolism control and weight maintenance. Water will help not only help properly digest food, but it can also curb some of your cravings to snack throughout the day. Both hunger and thirst sensations come from the same area in our brain, the hypothalamus, and we can easily confuse the signals. Who wouldn't go for a cookie over a glass of water? We tend to get more satisfaction from eating, but food is not always what our bodies need. Another reason we need even more water in the winter is that the air is much more dry and we can lose moisture through our skin. Many people suffer from dry skin in the winter and one easy way to help is drinking more water.

It is colder in the winter months, so an ice cold glass of water may not sound appealing. Water does play a role in our temperature regulation so having a glass of room temperature or even warm water is a good idea. During these winter months, hydration is more important than ever, so be sure to drink up!

-Dr. Newberry

Oregano Oil

Oregano is a powerful immunity booster, as well as an anti-bacterial, anti-fungal, anti-inflammatory, and antiviral treatment

FIGHTING OFF ILLNESS

Peppermint Oil

Peppermint oil is a mood booster during cold, gloomy weather, reduces appetite, and prevents overeating. It also helps to alleviate anxiety, depression, and fatigue. If you fall ill, use Peppermint Oil around the sinus area to drain the cavities and relieve sinus pressure, while stimulating recovery within the immune sys-



OMEGA-3S PROVEN TO HELP BAR PREMATURE BIRTHS

According to the Centers for Disease Control, more 23,000 American infants died in 2016.

And the CDC identified premature birth and low birth-weight as the second leading cause:

1. Birth defects
2. Preterm birth and low birth weight
3. Sudden infant death syndrome
4. Maternal pregnancy complications
5. Injuries (e.g., suffocation)

The average healthy pregnancy last between 38 & 42 weeks, and births occurring before the 37-week mark are defined as premature— and risk of death or poor health rises the earlier a baby is born.

The causes of premature birth are not always clear but can include these risk factors:

- Smoking
- Urinary tract or vaginal infections
- Mother’s age (too young or too old)
- Malnutrition, including vitamin deficiencies
- Psychological, environmental, parental, and genetic factors
- Maternal depression and/or use of antidepressants (e.g., Prozac)
- Chronic disease (diabetes, hypertension, anemia, asthma, thyroid disease)

However, some of the biggest risk factors are poverty, low education and lack of

access to prenatal care— any of which can promote or exacerbate the risk factors listed above.

Premature babies experience higher risks for a range of long-term health deficits, including impaired vision, brain development, intestinal development, hearing, lung function, cardiovascular health, mental health, and learning capacity.

(Earlier this year, we reported on the long-overdue FDA approval of an intravenous omega-3 nutritional formula for babies born prematurely, without fully developed intestinal tracts: see [FDA Okays Life-Saving Fish Oil IV for Sick Children](#) and its links to our earlier coverage of this frustrating tale of the agency’s negligence.)

Shockingly, researchers from Johns Hopkins University recently reported that— compared with the world’s 19 other wealthiest countries— *American babies are three times more likely to die from premature birth* (Thakrar AP et al. 2018).

Evidence review finds that omega-3s reduce the risk of premature birth An international team recently reported the results of an evidence review they performed using the rigorous standards of the widely respected Cochrane Collaboration.

Scientists from institutions Australia and Denmark took a close look at clinical trials that had examined the potential for sea-food-source omega-3s (DHA and EPA) to reduce the risk of premature births.

They scrutinized 70 randomized trials and found that increasing daily intake of these

omega-3s produce three key benefits for pregnant women and their fetuses:

- Reduces the risk of premature birth (less than 37 weeks) by 11%
- Reduces the risk of very early premature baby (less than 34 weeks) by 42%
- Reduces the risk of low-weight births— less than 5.5 lbs. (2500g)- by 10%

As lead author Philippa Middleton said, “There aren’t many options for preventing premature birth, so these findings are very important for pregnant women, babies and the health professionals who care for them. This is one of the reasons omega-3 supplementation in pregnancy is of such great interest to researchers.”

Dr. Middleton made an important point about dosing: “Many supplements currently on the market don’t contain the optimal dose or type of omega-3 preventing premature birth. Our review found the optimum dose was between 500 and 1000 milligrams (mg) of long-chain omega-3 fats (containing at least 500mg of DHA daily, starting at 12 weeks of pregnancy.”

The paper’s authors noted that there are 23 more clinical trials in progress involving more than 5,000 women, and as they wrote, “no more RCTs [randomized clinical trials] are needed that compare omega-3s against placebo or no intervention.”

In other words, it’s now clear that sufficiently high doses of supplemental omega-3s help reduce the risk of premature births.

OMEGA 3

WHAT DOES OMEGA 3 HELP WITH?

- Lower blood pressure
- Reduce triglycerides
- Slows the development of plaque in the arteries
- Reduce the likelihood of heart attack and stroke
- Lessen the chance of sudden cardiac death in people with heart disease
- Reduce the chance of abnormal heart rhythm

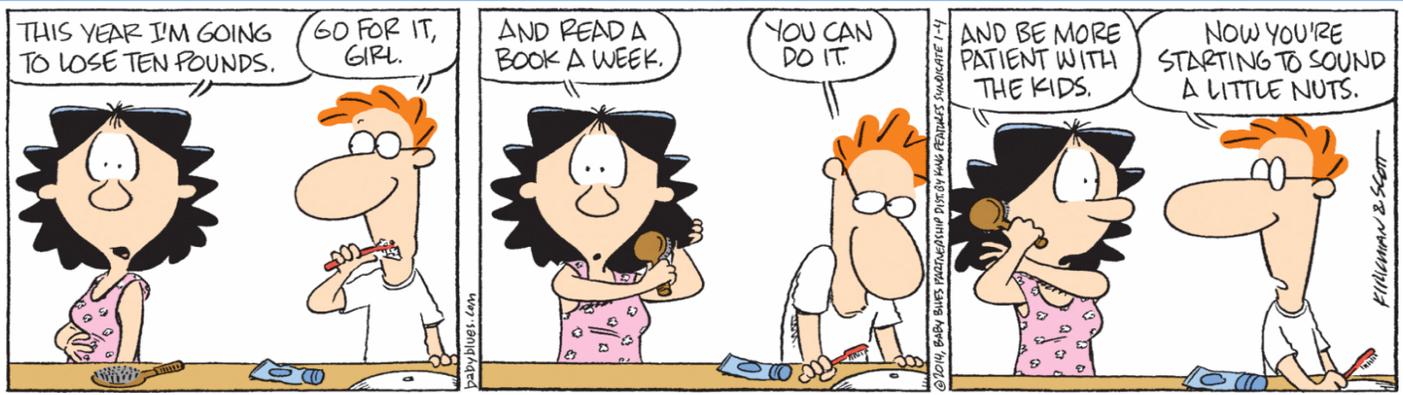
HAPPY NEW YEAR

Why you should see your Chiropractor during the winter....

Winter is a season when many individuals experience health issues that can make everyday life rough. Whether it is a cold, flu, or a skiing injury, many people will find their overall health compromised at some point during winter.

Thankfully, chiropractic care can help keep you healthy during winter. Paying a visit to your chiropractor during the cold season can help reduce, if not prevent, health problems as well as keep you feeling your best. If you are thinking of skipping that chiropractor visit, these reasons should convince you to undergo chiropractic care.

- Combat Cold & Flu
- Stop the body from getting stiff
- Reduce Body Pain
- Minimize the risk of winter sport injuries
- Prevent Depression



Did you eat leafy greens on New Year's?

Tradition says that the more leafy greens a person eats, the more prosperity he or she will experience. Tradition also says the legumes bring prosperity because beans and peas look like coins.



Do you want Free Money?

Give us a Google Review & we will be giving a \$5 credit to use in our office

Keto Energy Bombs

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- 1 Cup Natural Grocers Brand Almond Butter
- 1/2 Cup Natural Grocers Brand Organic Extra Virgin Coconut Oil
- 1 Teaspoon Organic Vanilla Extract
- 1/8 Teaspoon Salt
- 3/4 Cup Natural Grocers Bulk Organic Unsweetened Coconut Shreds

Serves:	Total Time:
24 Bombs	30 min

1. Use a double boiler to melt the almond butter and coconut oil together, stirring to thoroughly combine, 5-10 minutes.
2. When well combined, remove from heat and stir in vanilla, lemon, and salt. Mix until well combined. Add coconut shreds and mix again until well combined.
3. Refrigerate until solid enough to form into balls.
4. Use clean hands and a heaping teaspoon to form small balls (they should be about one-inch round). Place on a parchment-lined baking sheet and place in the freezer until solid, about 10 minutes. Store in a covered container in the refrigerator for up to one week, or for up to two months in the freezer.

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Tis the season for the holidays, food, family,
and cheer!

And also for stress, weight gain, and more
that we feat.

For giving for laughing for spending time with
friends.

For cooking, for cleaning, and wondering if it
will ever end.

The Holidays for many, can be a blessing in
disguise.

With stress, illness and injuries always on the
rise.

Make this year different, and don't fall into
the trap.

Take care of yourself with chiropractic
and maybe a nice long nap!

Do you have dry skin?

This is the oil for you

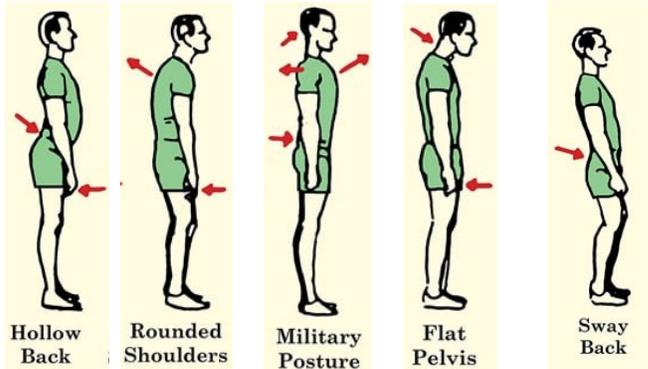
Rose Touch and Lavender

Cold, dry, and windy weather leaves
skin dry and irritated. Rose oil is known
to reduce the appearance of skin im-
perfections and has a calming and reas-
suring aroma.

Use Lavender oil and doTERRA Rose Touch
oil with your moisturizer to soothe, moistur-
ize, and ease occasional irritation and dry-
ness, bringing back a balance of moisture to
your skin.

Together these oils can be especially useful
for soothing chapped knuckles, elbows and
knees.

Poor Posture When Standing



The History of Martin Luther King Day

By: Shmuel Ross & David Johnson

It took 15 years to create the federal Martin Luther King, Jr., holiday. Congressman John Conyers, Democrat from Michigan, first introduced legislation for a commemorative holiday four days after King was assassinated in 1968. After the bill became stalled, petitions endorsing the holiday containing six million names were submitted to Congress.

Conyers and Rep. Shirley Chisholm, Democrat of New York, resubmitted King holiday legislation each subsequent legislative session. Public pressure for the holiday mounted during the 1982 and 1983 civil rights marches in Washington.

Congress passed the holiday legislation in 1983, which was then signed into law by President Ronald Reagan. A compromise moving the holiday from Jan. 15, King's birthday, which was considered too close to Christmas and New Year's, to the third Monday in January helped overcome opposition to the law.

National Consensus on the Holiday

A number of states resisted celebrating the holiday. Some opponents said King did not deserve his own holiday contending that the entire civil rights movement rather than one individual, however instrumental, should be honored. Several southern states include celebrations for various Confederate generals on that day. Arizona voters approved the holiday in 1992 after a tourist boycott. In 1999, New Hampshire changed the name of Civil Rights Day to Martin Luther King, Jr., Day

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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.

Happy Birthday

BARB A.	MARK E.	TRISTAN R.
LILY A.	SUSAN H.	POLLY R.
BRAYDEN B.	SOPHIA K.	RAY R.
LOGAN B.	JUSTIN K.	JULIE S.
DAWN B.	PAT K.	KAREN S.
JEFF B.	KAELI L.	BRANDON S.
JEREMY C.	LISA M.	JAMES S.
JEFF C.	TIM M.	TOMIA S.
DAM D.	JESSICA P.	ELAINE T.
JANET D.	WILLA P.	TOM W.
MARVIN D. JR.	ANN R.	SAUNDRA W.

National Holidays in January

- Jan 1st (New Year's Day)
- Jan 6th (Three Kings Day)
- Jan 9th (National Law Enforcement Appreciation Day)
- Jan 15th (Martin Luther King Jr. Day)
- Jan 25th (National Opposite Day)
- Jan 27th (National Chocolate Cake Day)



We wanted to share a few pictures with you all from our office 2018 Christmas Party!