



Happy April from Kelling Chiropractic, Viable Options and
Northland Therapeutic

April, 2016

When is a Knee Pain Not a Knee Problem???

Everyday a patient comes in complaining of knee pain for no apparent reason. There's been no slips, trips, falls, or trauma of any kind. Not even a history of knee trouble. One day they wake up with a knee pain or maybe discomfort after a very long car ride.

So where does it come from??? Why did this pain start and where did this knee pain originate??? Quite often it has nothing to do with the knee. Usually it's caused by a misalignment in the pelvis.

When your hips and pelvis are out of alignment, it very frequently will cause a distortion in your leg length. Your leg will appear shorter or longer!!! This will affect your gait and "throw off" how you walk. If you're walking on uneven ground, hills, or stairs, eventually the knees will start to ache. Over time, they can swell and the pain will increase.

Our bodies will send us signals and lots of little warning signs. It's time we start to listen!!! Soooo, next time you have an unexplained knee pain for no apparent reason, make sure your back and hips are in proper alignment!!!!!!

Dr. Kelling

WHEY Protein Causes AutoImmune DisEase

After fat and casein are removed from milk, dairy processors are left with whey protein. Whey is composed of bovine blood proteins. Serum albumen. Lactalbumen. Dead white blood cells. Hormonal residues including estrogen and progesterone.

The body's reaction to a foreign protein is to destroy that antigen-like invader with an antibody. For those individuals unfortunate enough to possess a genetic pre-disposition to such an event, the antibody then turns upon one's own cells. That is what is known as an auto-immune response.

In the case of diabetes and Multiple Sclerosis (MS), the body's response to whey proteins is to attack the outer membrane protecting nerve cells, or the myelin sheath.

SEE PAGE 3...Whey Protein Causes AutoImmune DisEase

The weather may not show it, however spring is just around the corner and that always means that our bodies will start to clean. You can minimize the effects of your body's spring cleaning by cleaning out your body fast and effectively. Colon therapy is a tried and true method of revitalizing your system....taking toxins out and allowing our organs a chance to actually breathe and revitalize.

If the following describes YOU, your detoxification system might be trying to tell you something!

17 SIGNS YOUR BODY IS NOT TAKING OUT THE *Trash!*



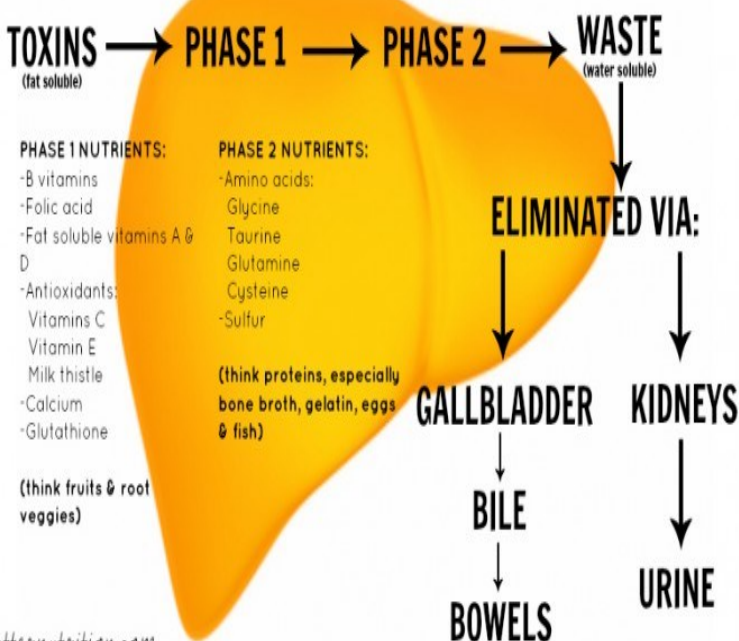
Butternutrition.com

- History of alcohol/drug use or hepatitis
- Long term prescription drug use
- Sensitive to chemicals (tobacco smoke, fumes, perfume, cleaning agents, etc.)
- Pain between the shoulder blades
- Stomach upset by greasy foods
- Greasy or shiny stools
- History of nausea, motion sickness, or morning sickness
- Light or pale colored stools
- Headache over the eyes
- Gallbladder attacks
- Bitter

taste in the mouth (especially after meals)

- Become sick or easily intoxicated if drinking wine
- Easily hung over
- Pain under right side of rib cage
- Hemorrhoids or varicose veins
- NutraSweet (aspartame) consumption
- Chronic fatigue or fibromyalgia

Detoxification Pathways



An unhealthy liver doesn't have the needed nutrients to "take out the trash!"



When you decide on Colon Therapy you give all your organs a chance to clean especially your liver. The liver is King as it filters everything we ingest.

If you can't digest your food then you open your body to all sorts of disease and health challenges. This is the biggest problem America has....the inability to digest the food you put in your mouth. It's time to move all the garbage out.....

Viable Options
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Whey Protein Causes AutoImmune DisEase

It has long been established that early exposure to bovine proteins is a trigger for insulin dependent diabetes mellitus. Researchers have made that same milk consumption connection to MS. The July 30, 1992 issue of the New England Journal of Medicine first reported the diabetes autoimmune response milk connections.

“Patients with insulin dependent diabetes mellitus produce antibodies to cow milk proteins that participate in the development of islet dysfunction. Taken as a whole, our findings suggest that an active response in patients with IDDM (to the bovine protein) is a feature of the auto-immune response.”

On December 14, 1996, The Lancet revealed: “Cow’s milk proteins are unique in one respect in industrialized countries; they are the first foreign proteins entering the infant gut, since most formulations for babies are cow milk-based. The first pilot stage of our IDD prevention study found that oral exposure to dairy milk proteins in infancy resulted in both cellular and immune response...this suggests the possible importance of the gut immune system to the pathogenesis of IDD.”

Multiple Sclerosis/Milk Connection: The April 1, 2001 issue of the Journal of Immunology contained a study linking MS to milk consumption.

Michael Dosch, M.D. and his team of researchers determined that multiple sclerosis and type 1 (juvenile) diabetes mellitus are far more closely linked than previously thought. Dosch attributes exposure to cow milk protein as a risk factor in the development of both diseases for people who are genetically susceptible.

“We found that immunologically. Type 1 diabetes and multiple sclerosis are almost the same-in a test tube you can barely tell the two diseases apart. We found that the autoimmunity was not specific to the organ system affected by the disease. Previously it was thought that in MS autoimmunity would develop in the central nervous system, and in diabetes it would only be found in the pancreas. We found that both tissues are targeted in each disease.”

Multiple Sclerosis

Multiple sclerosis affects approximately 300,000 Americans. Two-thirds of those diagnosed with MS are women. Most researchers believe that MS is an autoimmune disease. Auto means “self.”

Who Does Not Get M.S.? It is interesting to note that Eskimos and Bantus (50 million individuals living in East Africa) rarely get MS. Neither do those native North and South American Indian or Asian populations who consume no cow’s milk or dairy products.

Who Gets M.S.? The British medical journal Lancet reported that dairy-rich diets filled have been closely linked to the development of MS (The Lancet 1974:2:1061)

A study published in the journal Neuroepidemiology revealed an association between eating dairy foods and an increased prevalence of MS (Neuroepidemiology 1992:11:304A12)

MS researcher, Luther Lindner, M.D., a pathologist at Texas A&M University College of Medicine, wrote: “It might be prudent to limit the intake of milk and milk products.”

Women are targeted by dairy industry scare tactics that offer misinformation regarding osteoporosis. Two-thirds of MS victims are women. As milk and cheese consumption increase along population lines, so too does an epidemic number of MS cases. The numbers add up. The clues add up. The science supports epidemiological studies. Got diabetes? Got MS? The milk connection has been established.

“We All Need Better Quality Sleep”

Do you find a good night’s sleep hard to come by? You’re not alone. According to the Centers for Disease Control (CDC) an estimated 50-70 million U.S. adults have some type of sleep or wakefulness disorder, ranging from snoring to insomnia; hectic schedules and constant access to electronic devices don’t help. But sleep is crucial for good health. A chronic lack of sleep can increase your risk for a number of serious health problems, including cardiovascular disease, diabetes, obesity, depression, and even death, particularly from cardiovascular disease. Sleep gives the body the downtime it needs to repair cellular damage, restore muscles, and release hormones regulating growth and appetite. Restful sleep recharges the brain and revitalizes the body. If sleep has become a nightly struggle, read on Page 6 to discover some tips that may help.

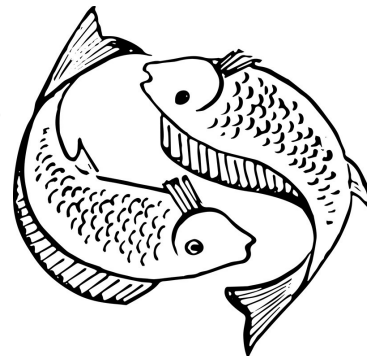
Fish Oil Supplements Reduce the Risk of Prostate Cancer

A carefully conducted study of fish and fish oil consumption in Iceland has found that eating salted or smoked fish increased the risk of prostate cancer, whereas taking fish oil supplements reduced the risk of the disease.

Johanna F. Torfadottir, PhD, of the University of Iceland, Reykjavik, and her colleagues studied 2,268 men, ages 67-96 years, of whom 410 had been diagnosed with prostate cancer. The researchers asked the subjects to complete a food frequency questionnaire to assess their eating habits to early life, midlife, and later years.

The most common types of fish consumed were cod and haddock, which are low in the omega-3's. However, many of the men also consumed fish oils, particularly cod liver oil, with a recommended daily intake of 400 mg.

Men who consumed fish oils (liquids or capsules) in later life had a 57 percent lower risk of advanced prostate cancer.



High Intake of Omega-3 Fish Oils Lowers the Risk of Breast Cancer

An analysis of 21 studies, which included more than 1.2 million participants, has found that the consumption of omega-3 fish oils (EPA & DHA) reduces a woman's risk of developing breast cancer.

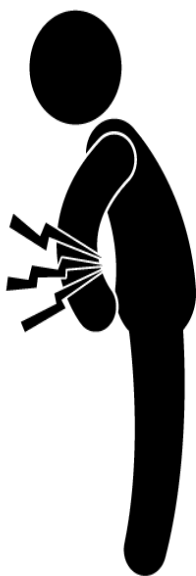
Duo Li, PhD, of Zheijang University, China, and his colleagues analyzed data from the studies and determined that diets high in fish oils were associated with a 14% lower risk of breast cancer. When they looked at studies that measured blood levels of omega-3s, they found virtually the same reduction in disease risk.

The researchers calculated that each 100 mg of dietary omega-3s was related to a 5% reduction in the risk of breast cancer.

Li and his colleagues also examined the relationship between plant sources of alpha-linolenic acid-the parent molecule of the omega-3s, DPA and DHA-but they found no significant reduction in breast cancer risk.

New Antioxidant Combo Helps Reduce Low Back Pain

Neuropathic, or nerve pain contributes to low back pain, a condition that affects millions of people. In a new study, Italian researchers combined alpha-lipoic acid with superoxide dismutase (SOD) to successfully treat patients with low back pain.



Both substances function as important cellular antioxidants, and alpha-lipoic acid is also used in the treatment of diabetic nerve pain.

Emilio Bartisti, MD, of the University of Sieria, and his colleagues treated 90 patients with chronic low back pain, giving them 600 mg of alpha-lipoic acid and 140 IU of SOD daily for 60 days. The study was open and non randomized, meaning there was no placebo group.

By the end of the study, only 8% of the patients were still using analgesic drugs, compared with 73.5% when the study began. The patients had significant improvements in perceived pain and functional disabilities. Bartisti wrote that "pain ameliorated after 40 days of therapy and the improvement was significant both statistically and clinically."

Baked Lemon Chicken with Mushroom Sauce

INGREDIENTS:

1 TBSP Olive Oil	6 Skinless, boneless chicken halves	1 Lemon
1/4 cup butter	3 cups fresh sliced mushrooms	2 TBSPs all purpose flour
1/2 cup Chicken Broth or as much as needed		1 TBSP fresh parsley, chopped

DIRECTIONS:

1. Preheat oven to 400 degrees F (205 degrees C)
2. Pour olive oil in an 8 x 8 inch glass baking dish. Place the chicken breasts in the dish, coating each side with oil. Squeeze the juice of 1/2 lemon over each chicken breast. Slice the rest of the lemon and place a lemon slice on top of each chicken piece.
3. Bake in the preheated oven until no longer pink in the center and the juices run clear, 30 to 40 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C)
4. Melt butter in a skillet over medium heat; add mushrooms. Cook and stir until mushrooms are brown and liquid is evaporated, about 6 minutes. Sprinkle flour over mushrooms and stir until coated. Add chicken broth, stirring to make a medium-thick sauce. Allow sauce to reduce, adjusting with a little more broth to make a creamy sauce. Add fresh parsley at the last minute. Spoon the sauce over the baked chicken breasts.

A KICK IN THE NUTS

The go to snack yields a ton of benefits-provided you don't go, well nuts.

You watch the number of burgers you chow and limit the sweets. But when's the last time you thought about eating too many nuts? Likely never-especially with recent headlines touting how eating them prevents disease and extends life span. The problem: a serv-

ing has an average of 170 calories and 15 grams of fat. Factor into the daily 2,700 calories and 82 grams active men should aim for, and you can see how it's easy to overindulge. Here, is what a serving actually looks like for 5 common nuts; and the benefits.



Cashews, perfect pre-work out snack. Great source of copper, which helps generate energy from the carbs in your cells. They give you more immunity boosting zinc & iron than other nuts.
18 Nuts per serving

Pistachios, good choice for watching cholesterol levels, pistachios are rich in phytosterols, compounds show to lower levels of LDL. They also have the richest amounts of lutein, linked to improved eyesight.

49 Nuts per serving



Peanuts, best option for protein packing 7 grams per serving. Also provides more antioxidants than green tea or red wine. Roasted over raw since roasting may increase amounts of certain antioxidants by 22%.
28 Nuts per serving

Almonds, You will feel full longer as the contain hunger curbing fiber as well as vitamins B & E. Some fat in almonds isn't absorbed by the body, so the nuts actually have 20 % fewer calories than advertised.

23 Nuts per serving



Walnuts, Can't sleep? These nuts are a good source of melatonin, the hormone that regulates the sleep-wake cycle and encourages deeper longer sleep. Also better artery health, lower blood pressure and reduced risk of heart disease are added benefits.
14 Halves per serving

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We All Need Sleep

The promotion of good sleep habits and regular sleep is known as sleep hygiene. Try these suggestions for a better night's sleep: Go to bed at the same time each night and rise at the same time each morning, even on weekends. Avoid large meals, strenuous exercise, and caffeine, alcohol and nicotine before bedtime. Put away all electronic devices at least one hour before bedtime. Adopt a quiet pre-sleep ritual like reading or soaking in a warm bath. Regular exercise (at least three hours before bedtime), yoga practice, and/or meditation can also lead to a better night's sleep.

Try one or more of these calming essential oils to help you drift off to sleep. Use a diffuser in the bedroom, or add a few drops to a light carrier oil such as sweet almond oil and massage on the back of your neck and your feet at bedtime.

Lavender.....Bergamot....Roman Chamomile.....Ylang Ylang....Sandalwood

The Science Of Sleep: Researchers in the Department of Neurology at the Medical College of Wisconsin recently identified at least one way that sleep deprivation can lead to disease. In an animal model, sleep deprivation significantly damaged DNA, especially in the liver, lungs, and small intestine. The good news is that recovery sleep was found to restore the balance between DNA damage and repair and decrease cell injury.



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Sleep needs vary by age: Babies need 18 hours.....School Age
Children need 10 hours.....Teens need 9-10 hours and Adults need
8 hours