

## Kelling Chiropractic Center

310 S Platte Clay Way Ste A

Kearney, Mo 64060

816-628-6141

**Newsletter**

**April, 2019**

### Are you being generous daily?

Generosity opens our heart, frees us from attachment and is the basis for all good qualities. The beginning of “Spiritual Awakening” starts with generosity. It has tremendous force because it arises from an inner quality of letting go. A true spiritual life is not possible without a generous heart!

Generosity is the first quality of an awakened mind, the path begins there because of the joy that arises from a generous heart. Pure unhindered delight flows freely when we practice generosity. We experience joy in forming the intention to give, in the actual act of giving, and in recollecting the fact we’ve given.

If we practice joyful giving we experience confidence. We grow in self-esteem, self-respect, and well-being because we continually test our limits. Our attachments say, “I will give this much and no more,” or “I will give this object if I am appreciated.” In the practice of generosity, we see past these attachments.

You cannot give with conditions!!! There can be no “strings attached.” The basic Law of the Universe is the “more you give, the more you get,” Or the more that will return to you. Those with abundance should share with those who are less fortunate. Not just monetarily, or with food, or clothing. But, what about LOVE.... the more love you share with those around you, the more love returns to you.

Think of the “ripple effect.” When others see you giving and sharing it will inspire them to do the same. Your example, will motivate others to be more generous and there in is the profound impact you are making in our world.

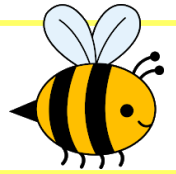
Dr. Kelling

*Romans 6:4: “...just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.”*





# Benefits of Natural Honey



Raw or natural honey has a lot of wonderful benefits. When looking for raw honey it is important to make sure it is unfiltered and unprocessed so it retains all of its nutrients. Since it is unfiltered, raw honey is not recommended for pregnant women or infants. There are many uses for it including weight loss! Sugar consumption plays a large role in our struggle to lose weight. The problem our bodies face with most sugars and sweeteners is that they are processed and have little nutritional value. Replacing our sugars and sweeteners with honey can help us improve the taste of our food without the processed sugars that give our bodies trouble. Several studies have found that honey can even help lower serum triglycerides and help suppress appetite.

Honey can be used also as a natural energy boost since its composition is mostly sugar and water with some vitamins, minerals and protein. This is the reason why a lot of pre and post workout snacks contain honey to allow you to either gear up or recover. Raw honey is also a great source of antioxidants and can help keep the immune system functioning well. Some use honey this time of year for allergy prevention. Since local bees make it from local flowers and plants, there is often trace amounts of local pollen in the honey. When we eat the honey it then prepares our bodies for the allergen and allows the next reaction to the pollen in the air to be much less severe. It can also be used as a cough syrup, one tablespoon at bedtime is recommended for anyone over the age of one.

Another interesting use for honey is wound healing. Honey infused bandages have been shown to accelerate healing times as honey is a natural antibacterial. The use of honey for wound treatment came all the way from the ancient Egyptians who first began the practice. Honey can do a lot of amazing things for the body, but to maximize its effects you want to find raw and unfiltered honey. The natural form has not been chemically altered and does not have any harmful additives. The next time you are in the grocery store check out the natural honey and reap the benefits!



-Dr. Newberry

## Our offices CASH price has changed

As of **April 1st 2019** we have implemented a slight rate increase for our chiropractic/massage priced services. For questions regarding this increase, please talk to Tammy or Krystle.

# How Can Massage Therapy Help with Your Allergy Symptoms?

As the temperature heats up and everything begins to bloom, those plagued with allergies begin the season-long battle against red, itchy eyes, nasal congestion and sinus pain –and that is just the beginning of the list of issues affecting those with allergies during the spring and summer months. If you have allergies, you're probably on the lookout for new ways to keep those symptoms at bay. This year, find the allergy relief you need by incorporating Massage Therapy into your wellness routine.

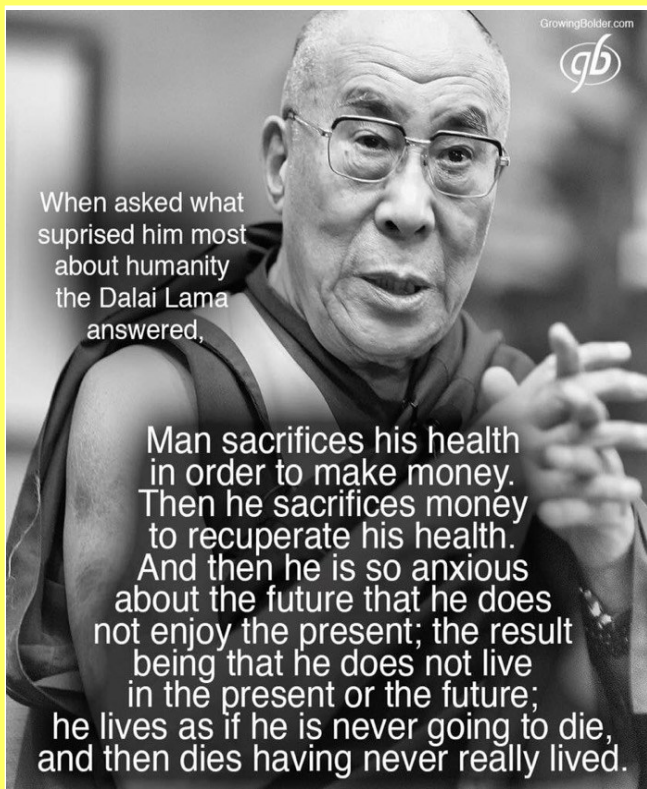
## Massage Therapy and Allergy Relief

You may wonder how Massage Therapy can relieve something as seemingly unconnected as allergies. While massage cannot stop the reaction that you may have to allergens, it can help modify and dissipate the symptoms. The health benefits that normally are associated with Massage Therapy such as stress reduction, improved circulation and improved immunity can improve your tolerance of allergy symptoms.

Many studies show that higher stress levels can impact allergy symptoms. This can be linked to higher levels of histamines while you are experiencing stress, which exasperates existing allergic reactions. A study of asthmatic college students showed that, when under stress and exposed to allergens, they exhibited higher levels of sputum eosinophils, a white blood cell associated with allergic responses. Hospital admissions and fatal allergic reactions have also been shown to correlate with high stress triggers.

By undergoing regular Massage Therapy, especially during peak allergy season, you can decrease stress levels and improve your circulation and immune system. While there are excellent reasons to seek massage therapy year round, these benefits of Massage Therapy can help minimize your body's reaction to allergens and make you more comfortable during the spring and summer months.

Another benefit of using Massage Therapy in relation to allergies is the different trigger points that can help relax tension in the body and reduce the body's panic reaction to allergens. It also can soothe muscles that are tight from coughing and sneezing, giving you relief from allergy-related pain.

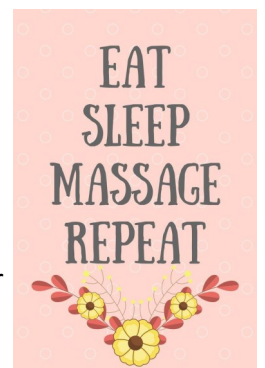


## Meet Grace...

### Our new Massage Therapist!

Grace was born in Las Vegas, NV and moved to Kearney MO where she spent her childhood years. Grace is a 2013 graduate of Kearney High School. After graduating high school, she moved to California with her mother. There she attended National Holistic Institute of Massage Therapy, studying anatomy and physiology, as well as Eastern and Western modalities with additional hours of schooling in advanced neuromuscular massage therapy. Grace specializes in deep tissue, trigger point therapy and sports massage.

Grace recently moved back home to Kearney and is eager to pursue her passion and love of massage therapy with our practice while continuing her education.



# The Weird Reason Some People Are Allergic to Fruits & Veggies

Oral allergy syndrome can cause cross reactions in people allergic to things like grass pollen & latex.

## My mouth sometimes itches after I eat produce. Could I be reacting to the pesticides?

While some studies have linked the rise in food allergies to exposure to particular pesticides over time, it's very rare to have a true allergic reaction to the pesticide residues that can remain on produce. That said, allergies are very individual, and there's no harm in trying out certified organic produce—which is free of synthetic pesticides—to see if that does the trick.

If going organic doesn't help, though, it is possible to be allergic to the fruits and vegetables themselves. Some people have what's called oral allergy syndromethis, meaning they get reactions to certain proteins found in various fruits and vegetables.

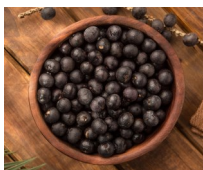
For example, bananas, avocados, kiwis, and more can cause cross-reactions in people who are allergic to latex—an allergy you may not realize you have if you're not, say, a health care worker or someone who wears a lot of rubber gloves. Those who have allergies to birch, ragweed, or grass pollens may react to things like hazelnut, peaches, celery, sunflower seeds, and zucchini, to name a few.

An allergist can do skin or blood tests to see which protein is causing your cross-reactions, and that can help you pinpoint foods to stay away from. Some people find that their symptoms occur only during allergy season or that they can, for example, eat apple pie without an issue but can't bite into a fresh apple. That's because cooking with high heat breaks down the problem proteins that cause the cross-reactions.

Itchiness may seem like a minor symptom now, but it's very important to sort out your triggers with your doctor and avoid the foods that bring it on. Even if you've had only a mild reaction in the past, in rare cases your reactions could lead to anaphylaxis, a dangerous type of reaction that can cause a severe drop in blood pressure and constricted airways.

### ACAI

This berry is famous for its antioxidant power



### BLUEBERRIES

Have the highest cellular antioxidant activity



### GRAPEFRUIT

This citrus fruit is packed with fiber and may speed up weight loss.



### PINEAPPLE

Aids in digestion and has anti-inflammatory.



### AVOCADO

They loaded with potassium, fiber and magnesium.



### STRAWBERRIES

Helps control your blood sugar levels & reduces the risk of some diseases



Fruits what do they do?

# Hidden Heart-Helpers in Fatty Fish



Omega-3s get more attention, but fatty fish has two other heart-helpers



Fatty Fish like salmon and sardines are the richest source of omega-3 fatty acids.

Among commonly consumed species in America, the fattiest wild fish include salmon, sardines, albacore tuna, sablefish (black cod), mackerel.

While skipjack and tongol tuna – used in most canned “light” tuna– and yellowfin (ahi) tuna offer significant amounts of vitamin D, fat, and omega-3s, albacore beats them by wide margins.

Of course, there’s very good evidence that seafood-source omega-3s– DHA and EPA– support heart, brain, mood, eye, and metabolic health.

But among other beneficial nutrients– such as magnesium and selenium– fatty fish offer two especially heart-healthy ones, in addition to omega-3s.

The dynamic duo in question are astaxanthin and vitamin D – both of which offer broad menus of health benefits.

And recent findings by research teams from Iran and Norway bolster prior evidence of their cardiovascular benefits.

Astaxanthin (/products/astaxanthin) is a potent, carotenoid-class antioxidant, which wild salmon–the only substantial food source– acquire by

eating krill, shrimp, and zooplankton, which get it from algae they eat.

Vitamin D, the essential, hormone-like nutrient, abounds only in wild salmon and certain other fatty fish– the best food sources by far.

## **Vitamin D & Heart Disease:**

**The Background:** Dr. Erin Michos of Johns Hopkins Medicine is both a cardiologist and a vitamin D expert.

As she says, the available evidence shows that low vitamin D levels raise our risks for heart attacks, congestive heart failure, strokes, high blood pressure, and diabetes.

And, as far back as 2012, Danish researchers persuasively affirmed the heart-health value of vitamin D, in what was the largest and most reliable study.

Importantly, the Danish team tested blood samples to specify people’s vitamin D levels. A far more reliable approach than the more common reliance on extremely crude estimates based on people’s answers to diet/lifestyle questionnaires.

The authors compared participants’ vitamin D levels to the participants’ health records over the ensuing nearly 30 years– and the results linked

low vitamin D levels to these risks:

-57% higher risk of early death

-64% high risk of heart attack

-40% higher risk of ischemic heart disease

-81% higher risk of death from heart disease

Novel scans using nanosensors revealed that vitamin D does three things that should boost overall cardiovascular health:

-Stimulates release of nitric oxide (which relaxes arteries)

-Acts as a potent antioxidant/anti-inflammatory agent in artery linings.

- Helps restore damage caused by high blood pressure, atherosclerosis, and diabetes.

## **Fish fit the vitamin D bill; Sockeye salmon stand out**

Fatty fish are the best food sources of vitamin D, by a very wide margin.

By way of comparison, virtually all milk sold in the U.S. is fortified with 115-124 IUs of vitamin D per 8-oz serving.

Among fish, wild sockeye salmon rank as the richest source, with a single 3.5 ounce serving surpassing the US RDA

of 600 IU by about 15 percent.

These are the average levels in a 3.5 oz (100 grams) serving of various fish:

-Sockeye salmon 690 IU

-Albacore Tuna 540 IU

-Silver Salmon 440 IU

-Sardines 300 IU

-Chub Mackerel 370 IU

-Sablefish 170 IU

-Pacific Halibut 160 IU

-Yellowfin Tuna 75 IU

-Pacific Cod 20 IU

## **Wild Salmon beats farmed salmon by a mile for vitamin D**

Boston University researchers tested vitamin D levels in cooked farmed Atlantic salmon versus cooked wild Pacific salmon (species not identified).

And wild salmon had four times the amount of vitamin D – a whopping 988 IU of vitamin D per 3.5 oz serving, or almost two-thirds more than the U.S RDA of 600 IU.

That difference could stem both from the stark dietary differences between farmed and wild salmon, and from the fact that farmed salmon have considerably higher levels of total fat.

Good Friday 2019  
Friday, April 19

God proved His love on the Cross.  
When Christ hung and bled, and  
died, it was God saying to the  
world, 'I love you" -Billy Graham

Easter 2019  
Sunday, April 21

### Did you know??

The 13 colonies that became the USA were originally colonies of Great Britain. By the time the American Revolution took place, the citizens of these colonies were beginning to get tired of the British rule.

The Revolution began April 19, 1775 with the battles of Lexington and Concord. The conflict lasted a total of seven years, with the major American victory at Yorktown, VA in 1781 marking the end of hostilities. On September 3rd 1783, the Peace of Paris was signed officially ending the seven year war.

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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.



Taylor A	Jerry D.	Anna R.
Garret B.	Frank F	Karen R.
Sharon B.	Alex G.	Paul R.
Eleon B.	Lyle G.	Gavin S.
Melissa B	Jayne H.	Jeff S.
Larry B	Jasmine H.	Chad S.
Doris B	Eva H.	Danna S.
Tim B	Rodney I.	Steve S.
Eric C	Marie K.	Betty S.
Nick C	Kenny L	Natalie T.
Cindy C	Terry M	Carol W.
Kyle C	Victoria M.	Kyle W.
Georganna D.	Victor P.	