

Kelling Chiropractic...viable Options and
Northland Therapeutic...wishes everyone a



Merry Christmas
& HAPPY NEW YEAR

“This is the Season of Gratitude”

I wish all my patients to be safe, happy, and healthy this holiday season. A big part of the holidays is to be thankful for all you have been blessed with this year.

Have Gratitude for everything around you. Gratitude covers a multitude of sins.

Gratitude improves your immune system.

§ Fosters peace

§ Creates confidence

§ Attracts more success

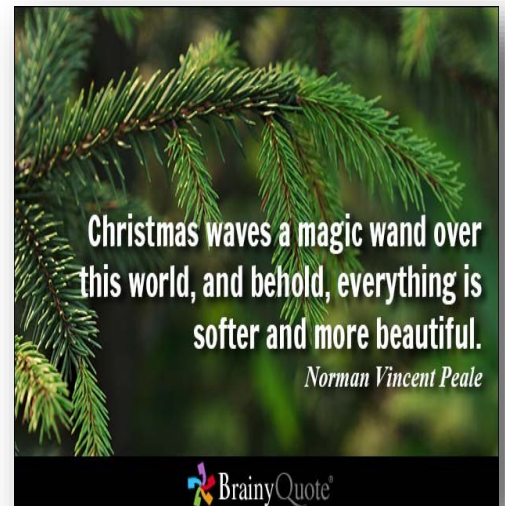
§ Improves happiness § Heals anxiety § Inspires new dreams

§ Opens doors for new opportunity § Helps us let go of the past § Heals our emotional, physical, and mental wounds.

When gratitude comes from the heart, it opens us to joy and creativity. It attracts more love. Now the down side, there is NO down side.....

You may feel vulnerable, one of the keys of true gratitude. We may have to give up the masks we wear. One will begin feeling separate, feeling more unconditional love. True gratitude melts boundaries. It may feel scary to leave your old ways.....

Be Grateful for everything you have around you.....



Dr. Kelling

It's That Giving Time Of Year.....by: Linda Laskowski, Cct.

As the plaza lights are lit heralding in the Christmas season we begin to plan our parties and annual dinners for friends and families. At this time we all look forward to those special "make it once a year" dishes and desserts. This usually means more sausages, cream cheese, sour cream. We consume more alcohol and pop and we usually end up with tons of indigestion, bloat, cramping and a general feeling of not feeling well.

Did you know that statistically speaking more people lose their gall bladders between Christmas and New Years than at any other time of the year. And why? As we age we lose our ability to mass produce the enzymes that we radically need now more than ever to digest our foods. We all have gall stones and at some point they begin to cause us severe problems. Our body, our gall bladder in particular has a hard time with an overload of dairy and fat, so when we have a heavy increase during this time of year our gall bladder can say.....enough.

Please see Page 4 It's That Giving Time Of Year

TIS THE SEASON by: Amanda Maccracken, LMT

Once and a while something happens that completely stumps me. I've never had bad food allergies. My system is not sensitive. Therefore, I've always eaten whatever I wanted. And however much of it I wanted.

About a month ago, roughly once a week, I'd eat something and about an hour later my back would completely seize up! It felt like my whole ribcage was in a vice. Mentioned it to a few different people a few different times. Only response was "You must have a food allergy."

Then I mentioned in passing to Dr Kelling..... it's not an allergy. It's my gall bladder. Over eating, over thinking, stress, fatty food, alcohol, dairy, and caffeine irritate the liver and gall bladder!

I promptly decided to keep my gall bladder and follow strict instruction per Dr Kelling and Linda Laskowski, and I started a liver gall bladder cleanse. Here are my chronicles.....

From that Friday on, for the most part I have been vegan. 6 days, no dairy, no meat, no caffeine (ok, one little coffee) and no alcohol. As of today, I am on day six of vegetarian diet and nothing but room temperature organic Apple juice and water to drink. I didn't think I could do it. Surprisingly, it has not been that difficult. And I feel pretty good! My skin looks better. My eyes look brighter.

I still have what I feel like is a balloon just under my ribcage on my right side. And every time I eat or drink a good amount, the pressure definitely increases.

I ended my last day off work with a colonic, and started my final day with very light breakfast and lunch. Did my cleanse on a Saturday night and Sunday morning. By the time I woke up Sunday morning (not even half way through the cleanse) I already could no longer feel my gall bladder!

There are definitely a few days after that you still need to eat carefully. Your stomach has shrunk and your gall bladder is fragile. It just went through major surgery minus the knife.

I finished my cleanse with another colonic the following Monday to make sure all the stones were out of my intestines. Everyone has gall stones. It's just a matter of how gummed up your system is. I am so thankful to have the people I am surrounded by. I feel so much better and I still have my gall bladder.

This part is very important. If you feel you have an angry gall bladder, do not just Google any cleanse. Some are better than others. I read "The Amazing Liver & Gall Bladder Flush" by Andreas Moritz.

Gall bladder attacks are WAY more prevalent after the holidays. We eat gluttonous. And then we pile on the Christmas cookies and candies. This is the season, so pay attention to your body. If it's talking to you, maybe plan a cleanse between Thanksgiving and Christmas. Then you have something to really be thankful for!



Avocados, Who Knew?

BY:

Dr. Denise Pahmeyer

Most people are aware of the benefits of eating avocados. Unfortunately, many of you just do not care for the taste or texture of this wonderfully healthy fruit. Below are a couple of recipes to use avocados to make a chocolate pudding. I have made the second one and would recommend you use less cocoa powder in either recipe as it is very rich. Don't be afraid to experiment with the recipe to suit you and your family's tastes. Take to a family gathering and don't tell them it is made from avocados and watch their reaction as you reveal the secret ingredient. Enjoy

Recipe #1

2 large avocados, ripe.....1/2 C cocoa powder.....1/2 C brown sugar.....1/2 C coconut milk
2 tsp. vanilla extract.....1 pinch cinnamon

Blend until creamy. Chill 2 hours before serving

Recipe #2

2 large avocados, ripe.....3/4 C sweetened cream offo coconut.....5 T cocoa powder (I would cut his in half)....1/2 tsp. cinnamon.....1/4 tsp. cayenne pepper

Blend until creamy. Chill 2 hours before serving

I use a fork to mash the ripe avocados and fold in the dry ingredients. Once the dry ingredients are wet, I used my mixer (you can use whatever appliance you like) to finish blending and making it a creamy texture. I also saved the vanilla until last. Again, experiment with the recipes to find a flavor that becomes your new family favorite.

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Please See Back Page.....Why Choose.....

“With God All Things Are Possible”

Matthew 19:26

Therapeutic babies.....by: Amanda

I am so thankful every day for all the therapeutic people I am surrounded by. We help each other out using our specific modalities. We share stories and personal experiences. And once and a while, we come across someone that needs the same help we got in our own experience!

I have shared this knowledge with every person I come across with a baby, or due to have one!

Dr Pahmeyer has been working on me for about 7 or 8 years. Between her, Dr Kelling, and Dawn, I managed to get an adjustment and a massage every week of my pregnancy, which abled me to have an amazing pregnancy and massage comfortably until 5 days past my due date! During this time Dr Pahmeyer instilled how important it was to have your baby adjusted shortly after birth. Sounds scary, but it is a very passive, gentle adjustment.

In my case, after the initial adjustment, Mark would get colic. (That "witching hour" inconsolable crying for no reason same time every day.) I would bring him in, get him adjusted, and there you have it. Happy baby. He stayed pretty good for a few weeks, and then got colic again. In wondering what could have caused it, I brought it up at an adjustment, and was told sometimes Graco car seats stop their padding right where the shoulder blades sit in the seat. I pulled back the cloth and there it was. The padding stops right at the shoulder blades! Not all of them do, but check your car seat. I just laid a thin blanket the rest of the way to keep it even.

About a week ago, Linda had a client bring her little 6 week old baby in with her. She was so upset. The doctor diagnosed him with acid reflux and prescribed him Zantac..... At 6 weeks old!

Because colic is just indigestion, which is treated at T4 and T5 and I had acid reflux while pregnant and was treated in same spot, I knew this would help. I simply ran my fingers lightly down either side of his spine in between his shoulder blades to see if he was reactive.... Squirmin' like a worm!

And there you have it. Simple adjustments for babies can help forgo a life time of proton pump inhibitor dependency, and all the other side affects of taking acid reflux medicine.

There are so many more ailments that chiropractors can help with. Babies with ear aches or ear infections, fighting a cold, there are immune system boosting points and fever points. There are so many ways adjustments can help your baby. From little colds to physical and neurological disabilities. Get your babies adjusted.

Tis The Season To Give.....

....and then emergency room gets flooded with people believing they are having a heart attack to finding out they are about ready to lose their gall bladder.

Your back, after ingesting holiday food can tighten up, you can feel mild to extreme pain through the shoulder blades and your next step is to the ER. Doctors feel the body can do nicely without a gall bladder and that can't be further from the truth. Remember how you felt when one of your co-workers either goes on vacation or is out sick for an extended period of time, their work is divided amongst everyone or you may be the lucky recipient...you get angry and resentful for having to do the extra work....your body is no different. Plus you like your body don't know how to do the other ones job correctly so nothing runs smoothly and everyone else starts to shout their protests.

The time to make sure your gall bladder is working up to par is not when you are already in an attack, take the time NOW to do a flush and let the stones emerge, safely from your systemtis the season to give and let's make sure you give something besides an organ.

Dr. Kelling's Healthy Tid Bits....

§ MENTAL ATTITUDE: **Anxiety Can Speed Aging.** Telomeres are the molecular structures found on the ends of the chromosomes that help keep them from deteriorating or sticking to neighboring chromosomes. Short telomere length has been linked to many age-related diseases such as cancer, heart disease, and Alzheimer's disease. A new study that analyzed the telomere lengths of 2,300 people from the Netherlands found that people with a current anxiety disorder had shorter telomeres than individuals without mental health issues, as well as those with a past history of anxiety. This finding suggests that the aging process of cells is in part reversible if anxiety is properly and effectively treated.

British Journal of Psychiatry, February, 2015

§ HEALTH ALERT: **Do Antibiotics Have More Side-Effects Than Previously Thought?** The consequences of long-term antibiotic use may be greater than once thought based on a new study that observed the effect of common antibiotics on mice subjects. Researchers found that in addition to harming the helpful bacteria in the gut that aid in digestion and immune function, antibiotics also destroy cells in the intestinal epithelium. The intestinal epithelium is a layer of specialized cells that line the intestine and help absorb water, glucose, and essential nutrients into the bloodstream.

Gut, January 2015

§ WELLNESS/PREVENTION: **Keep Your Blood Pressure Low to Reduce First Stroke Risk.** Experts have found that keeping systolic blood pressure (the first number in your blood pressure reading) below 140 helps reduce the risk of stroke in healthy people that are age 60 and over. Among those with systolic blood pressure readings in the 140-149 range, the risk of a first stroke is 70% higher than individuals with a systolic blood pressure under 140.

An Awesome Interview With.....Burt Reynolds...

What was it like moving to New York in your early twenties? *I met some wonderful people in New York- Joanne Woodward was the nicest. She got me my agent but had never seen me act, so I thought she had a crush on me. When she said she wanted me to meet her fiancé, I figured I'll just blow him out of the tub. Then Paul Newman showed up, and I've never seen a more handsome guy. I wasn't sure which one of them I liked best.*

What have you learned from your mistakes? *I think I learned something from every one of them, in which case I should be brilliant.*

Quotes: "Try a little harder to be a little better." - Gordon B. Hinckley

"Maybe Christmas, the Grinch thought, doesn't come from a store." Dr. Seuss

"The main reason Santa is so jolly is because he knows where all the bad girls live." George Carlin

"Christmas is the day that holds all time together." Alexander Smith

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It is important to remember that many people in the United States aren't getting their daily requirements of vitamins A and D. Up to 90 percent of Americans get less than the recommended daily amount of vitamin D, and as many as 50 percent of Americans get less than the recommended daily amount of vitamin A.

