



Kelling Chiropractic Center

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Newsletter

February, 2019

Are you practicing Self-Love?

How many of us are putting others needs before our own? We do it because we love them and want to! We enjoy helping others and those who are unable to take of themselves. Or are we responsible for small children, parents, grandparents, pets, neighbors, or friends?

But.... What do you do for yourself?? Self-love is just as important. Do you feel guilty for doing what you want instead of what someone else wants? Do you ever put your needs first? There's a difference between wants and needs. We all want to win the lottery or buy a new car or take a two week vacation on a beach in the winter. We all have NEEDS that do not get met, unless we do things for ourselves.

My mantra is "if you don't take care of yourself, you can't take care of others." What are you doing for you today? Did you go to the gym? Did you get enough sleep last night? Did you eat a good breakfast? Did you take your vitamins? Did you drink enough water today? Did you go the chiropractor or get a massage this week?

I really enjoy taking care of others and trying to brighten someone else's day, but everything I do is planned around what I need in order to keep me healthy. Do what's best for you so you can strengthen yourself mentally, physically, emotionally and spiritually. Then, you can take care of those around you as best you can. It's okay to love yourself as much as you love others, self-love is just as important.

-Dr. Kelling



Self-Love:

regard for one's own well-being and happiness (chiefly considered as a desirable rather than narcissistic characteristic).



PROVERBS 17:17: A FRIEND LOVES AT ALL TIMES.

Chiropractic and Pregnancy

Chiropractic care can be extremely beneficial for pregnant women. Throughout pregnancy a woman's body undergoes some pretty dramatic changes and those changes can take a toll on your spine and joints. As the pregnancy progresses, the stomach begins to protrude and place more stress on the sacroiliac joints and lumbar spine. These new stresses are a common reason for pregnant women to experience low back pain. Chiropractic adjustments can help your body better deal with stresses and help alleviate some discomfort.

Another common issue with pregnancy has to do with elevated levels of relaxin, a hormone that allows ligaments to loosen. This hormone's presence is very important as it is needed to allow for a natural delivery with minimal injury to the mother. Delivery and labor are not comfortable by any means, but without the activity of this hormone it could be much worse. Relaxin has a great role in pregnancy. Unfortunately it is a reason that the spine and pelvis can become misaligned. When new stresses are placed on a pregnant woman's spine, relaxin will not resist these stresses and can be a reason for pregnancy related low back pain.

Labor and delivery time is another important aspect of pregnancy that chiropractic can help with. Proper alignment of your pelvis allows for easier passage of the baby through the birth canal. This means less strain on mom and baby and ultimately less risk of injury for both. Now there are some more complicated situations like a breech presentation of the baby, when the baby is not head down. There is a special chiropractic technique called Webster technique that focuses on tension in the uterus. When tension is removed from certain parts of the uterus, the baby has moved into proper position (this technique is not used to manually turn babies). Webster is a good treatment for pregnant women to receive all throughout their pregnancy regardless of their baby's presentation.

Chiropractic can help make pregnancy more comfortable for moms to be and help speed and up labor and delivery times. If you know someone having some challenges during pregnancy, have them talk to a chiropractor. We are here to help!

-Dr. Newberry

JUICE CLEANSE.. IS IT FOR YOU?

Juice cleanses involve consuming only juice for a certain period, which typically ranges from 3 to 10 days.

PROS

- Juices are rich in anti-inflammatory compounds
- Juices flush toxins from the body
- Juices can help improve digestion
- juices can introduce extra nutrients into the body to boost overall health

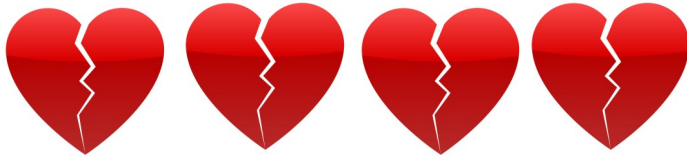
CONS

- Cleansing diets are usually low in calories. A reduced calorie intake may result in temporary weight loss, but this change is rarely long-lasting
- Drinking large quantities of juice may be harmful to those with kidney disorders
- Juice cleanse includes laxatives or other methods of bowel stimulation, a person could lose too many nutrients in their stool. This can lead to dehydration and imbalance electrolytes



BROKEN HEART SYNDROME

Broken heart syndrome is a temporary heart condition that's often brought on by stressful situations, such as the death of a loved one. The condition can also be triggered by a serious physical illness or surgery.



STRESSED

Here are a few Essential Oils that will help get rid of everyday stress you may carry. You are able to get these specific oils through dōTERRA.

AromaTouch® Massage Blend: Add to bath or use with carrier oil for massage.

Frankincense: Apply to the bottoms of feet to relax and balance mood swings.

Roman Chamomile: Add 1–2 drops to herbal teas to soothe the body and mind.

Vetiver: Diffuse aromatically or use topically with other calming essential oils, such as Lavender, Serenity, or Balance, to better help calm stress.

Experts alter advice on prostate cancer screening

By Melissa Healy

In a shift that puts early detection of prostate cancer back on the agenda of middle-aged men and their doctors, a federal panel of experts is recommending that men ages 55 to 69 weigh the potential harms and benefits of prostate cancer screening and judge whether getting tested feels right to them.

A recommendation issued by the U.S. Preventive Services Task Force judged the “net benefits” of screening these men for prostate cancer to be small. But the panel said the prostate specific antigen, or PSA, test should be offered to them “based on professional judgment and patient preferences.”

For men 70 and older the task force stuck with an earlier recommendation against routine prostate cancer screening.

The new guidance for men in late middle age is an unusual reversal of advice the panel offered in 2012. At that time, the task force suggested that most men at any age, getting screened for prostate cancer just wasn't worth the risks—including anxiety, infection, erectile dysfunction and incontinence—of unnecessary treatment that too often came with it.

Since then, the ledger of risks and benefits has changed on both sides.

As large studies have followed men for longer periods, researchers have seen that the PSA test can save at least a few more lives than earlier thought when used to screen men in their late 50s and 60s.

In a European clinical trial, periodic testing was initially found to prevent seven deaths for every 10,000 men screened. With four years of additional follow-up, researchers have discovered the number of lives saved per 10,000 men screened is closer to 13. And mathematical models suggest that number is likely to rise further as the men in the trial get older.

At the same time, the responses of doctors and patients to a prostate cancer diagnosis have undergone a significant shift.

In 2012, 90 percent of men whose diagnoses were confirmed with a biopsy were quickly ushered into surgery or treated with radiation, despite growing evidence that many of these cancers would never become dangerous.

Now, no more than 60 percent of such men proceed directly to treatment. The rest begin a process of “active surveillance or radiation is used only if the cancer progresses.

Meanwhile, urologists are using genetic testing, more precisely targeted biopsy procedures and improved imaging techniques to identify the more aggressive prostate tumors that warrant quick action.

Despite efforts to improve prostate cancer treatment, surgery and radiation therapy exact a high toll on patients: 2 out of 3 men will experience long term erectile dysfunction, and about 20 percent of those who undergo radical prostatectomy will experience urinary incontinence.

But as more men “watch and wait,” fewer are exposed to the negative effects of treatment that might never have been necessary in the first place.

In the United States, a man's risk of being diagnosed with prostate cancer at some point in his life is 13 percent, but his risk of dying of the disease is just 2.5 percent. Without screening, many men would never even know they had the disease, which can grow slowly for years. A third of men who died in their 70s of other causes were found to have had prostate cancer.

Elevate and Energize: Lighten UP

Are you tired, sad or just feeling blue? Here are a few oils that may help you

TIRED/UNMOTIVATED

Grapefruit/Lemon/Lime: Rub underneath your nose to sharpen focus while studying or reading.

Citrus Bliss®: Diffuse aromatically or put one drop on your wrists and rub them together for an uplifting everyday perfume.

Peppermint: Apply to the palms of hands and deeply inhale for a quick pick-me-up.

SAD/DISOURAGED

Sandalwood: Apply to the neck at bedtime for a restful sleep, or use during meditation.

Elevation: Diffuse in the mornings to start the day with a positive, uplifted mood.

FEELING BLUE

Myrrh: Use aromatically to help promote awareness and uplift your mood.

TIPS ON HOW TO BETTER LOVE YOUR SPINE

Valentine's Day is known as a day to show love and affection to your significant other. This love and affection is shown through grand gifts such as cards, flowers, and candy. Millions and millions of dollars are spent on this day alone throughout the country. However, this year, we challenge you to put forth an equal effort into loving your spine and back in a similar way.

Sit with Proper Posture. Sitting may seem like an easy task but a bad posture can put an immense amount of strain on your lower back. Aim to sit with your shoulders back and a straight spine. Ensure that your body weight is evenly distributed on both hips and your knees should be at a right angle with your feet flat on the floor. This will minimize the strain on your lower back muscles.

Sleep with Proper Posture. When the body is asleep, it uses this time to recuperate and recharge itself from the busy day you had. It is important to sleep with a proper posture to maximize your body's charging system. Avoid sleeping on your stomach as this can strain your neck and spine. Use the help of support pillows for your lower back and neck to help promote a proper posture.

Increase your Core Strength. By improving the strength of your core, it can greatly remove some stress from your back to your core. The Mayo Clinic has a great list of exercises you can try out to improve your core muscles.

Weight Control. A few extra pounds can lead to a whole lot of distress on your spine. By better managing your weight, you can help your spine support your body with less strain.

Stretch. Stretching before exercising is good for the muscles and helps warm them up. Stretching keeps your muscles flexible and can help prevent sport related injuries. Stretching your back can also help soothe and manage your back pain.

RASPBERRY MOCHA ICE CREAM BROWNIE CAKE

1 (12 ounce) package sugar-free brownie mix

2 egg whites

1/3 cup canola oil

3 tablespoons water

2 cups chocolate or vanilla no-sugar-added ice cream

4 teaspoons instant coffee crystals

1 1/2 cups frozen unsweetened raspberries, thawed

3 tablespoons granulated sugar or sugar substitute equivalent to 3 tablespoons sugar

2 teaspoons cornstarch

2 teaspoons sugar-free chocolate-flavor syrup (optional)

12 fresh raspberries (optional)

PREP	READY IN
30 M	10 H 55 M



Preheat oven to 325°F. Coat a 9-inch pan with cooking spray; set aside. Combine brownie mix, egg whites, oil, and the water in a medium bowl according to package directions. Spoon batter into the prepared pan. Bake about 26 minutes or until a wooden pick inserted 2 inches from the edge comes out clean. Cool in the pan on a wire rack. Place the pan in the freezer and freeze the brownie for 2 hours.

Place ice cream in a chilled medium bowl. Working quickly, stir the ice cream to soften; fold in coffee crystals. Spread the ice cream evenly over the brownie. Cover with plastic wrap. Freeze for at least 8 hours or until very firm.

For raspberry sauce, combine the thawed berries, sugar (if using), and cornstarch in a small saucepan. Cook and stir over medium heat until thick and bubbly; cook and stir for 1 minute more. Transfer to a small bowl; stir in sugar substitute, if using. Cool. Cover and chill until ready to use.

to serve, remove sides of the springform pan. Cut the ice cream-topped brownie into 12 wedges. Top each wedge with raspberry sauce. If desired, drizzle with chocolate syrup and garnish with fresh raspberries

2019 GROUNDHOG DAY

In 2018, the ground hog Punxsutawney Phil saw his shadow. The prediction is that there will be six more weeks of winter! According to legend, if the groundhog sees his shadow (on a sunny morning), there will be six more weeks of winter.

WILL PHIL THE GROUNDHOG SEE HIS SHADOW THIS YEAR?



2019	Sat	Feb 2	Groundhog Day	Observance
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WHERE DID GROUNDHOGS DAY

COME FROM?

Groundhog Day has its roots in the ancient Christian tradition of Candlemas, when clergy would bless and distribute candles needed for winter. The candles represented how long and cold the winter would be. Germans expanded on this concept by selecting an animal—the hedgehog—as a means of predicting weather. Once they came to America, German settlers in Pennsylvania continued the tradition, although they switched from hedgehogs to groundhogs.

PRESIDENTS DAY



Washington's Birthday, also known as Presidents' Day, is a federal holiday held on the third Monday of February. The day honors presidents of the United States, including George Washington, the USA's first president.



Turmeric: A Healthy Spice

Turmeric, which gives your curry and Indian foods that bold yellow-orange pigment, carries an impressive array of health benefits. Sometimes called the Golden Spice or Indian saffron, turmeric is a plant with a long history of medicinal use, dating back nearly 4,000 years. Ground turmeric root has been used in Indian and Chinese cooking, and its medicinal benefits are as well-prized as its unique flavor.

What is Turmeric?

Used for centuries as both food and medicine, turmeric belongs to the ginger family. Turmeric rhizomes (stems) are dried and ground to a yellow powder. Among the benefits, turmeric can normalize the chronic inflammation that plays a role in nearly every disease. The anti-inflammatory benefits of turmeric have been incredibly well researched.

Turmeric can also help with exercise-induced inflammation and muscle soreness, boosting recovery and performance in active people. Its anti-inflammatory benefits, in fact, can even perform similarly to over-the-counter drugs like ibuprofen but without their side effects.

Turmeric can help you manage oxidative stress, a condition where free radicals overtake your body's antioxidant defenses. Along with chronic inflammation, oxidative stress paves a path for numerous diseases.

Turmeric has been used medicinally for various conditions including rheumatoid arthritis, skin cancer, and digestive disorders. The list goes on: There aren't many conditions turmeric can't benefit.

Many of Turmeric's Benefits Come From Curcumin

Here's where you have to stop and pause with turmeric — most of this spice's anti-inflammatory, antioxidant, and other glory comes from its active ingredient, curcumin.

What is Curcumin?

Curcumin belongs to a family of compounds called curcuminoids. Two other well-studied curcuminoids, bisdemethoxycurcumin and demethoxycurcumin, provide additional antioxidant and other nutrient support. But curcumin is the most-studied curcuminoid and turmeric's primary claim to fame.

Supplementing with Turmeric and Curcumin

If you like turmeric, sprinkle an organic turmeric powder on to your food. If you dislike the taste of turmeric but want to its nutrients, consider an organic turmeric supplement. Some supplements use a blend of turmeric root powder and extract, typically standardized to contain a certain amount of curcumin or curcuminoids.

How Curcumin Affects the Body

Curcumin is a workhorse molecule, and a whole book could discuss its impressive resume. Among them, curcumin influences multiple biochemical pathways including those that impact inflammation and cancer.

Most quality turmeric and curcumin supplements contain around 400–500 mg of curcumin per capsule. Depending on your condition, you'll want to take two to four or more turmeric capsules daily in divided doses with meals. To optimize absorption of curcumin, always take quality supplements with a meal containing fat such as wild-caught fish or grass-fed beef.

Gotta love it Giveaway!

During the month of February, our office wants to show our appreciation to you all! We will be giving away a prize everyday during the month. Make sure you stop by to be entered to win.

What could you win??



Shirley A.	Holly D.	Evan H.	Owen N.
John A.	Wilhelmina D.	Dean H.	Chris R.
Shirley C.	Doug E.	Nancy I.	Jim R.
Tom C.	Jon F.	Melissa K.	Andrew R.
Matt C.	Mike H.	Judy K.	Doyle R.
John C.	Richard H.	James L.	Rachel R.
Kim C.	Rayona H.	Trisha L.	Dilyn S.
Julie D.	Linda H.	Joe L.	Janet S.
		Kim L.	Jeff S.
		Sharon M.	Stephanie S.
		Scott M.	Sharon S.
		Terry M.	Betty T.
		Linda M.	Edward V.
		Rachel M.	



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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.