



Happy Valentine's Day from....

KELLING CHIROPRACTIC

VIABLE OPTIONS &

NORTHLAND THERAPEUTIC

February, 2016

“Let’s Make Lifestyle Changes To Get Healthy In 2016”

Okay so what changes are you making right now, so you will be healthier 12 months from now????

Here are 3 Changes All Should Make....

First, are you going to drink more water? We are all suppose to drink half our body weight in ounces of water each day. Remember, water in coffee and tea does not count!!!

Secondly, are you taking supplements everyday? There's lots and lots of different vitamins and herbs we are told that we can't live without. However, I think there are 5 critical products you need to take faithfully on a daily basis.

1. MultiVitamins (avoid synthetic vitamins because most of us are

SEE BACK PAGE Getting Healthy in 2016



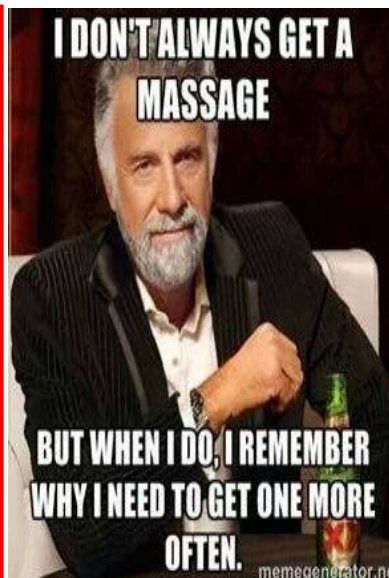
Any Changes In Your Insurance???

With the first of the year, many of you will have had changes to your health insurance plans- whether it be a new insurance company or a change of benefits with your current plan.

For example, Medicare Part B deductible for 2015 was \$147. In 2016, it has been raised to \$166. Please notify the front desk if you have new insurance or there has been a change to your current insurance plan.

If you have any questions regarding changes in your insurance, please feel free to contact me personally on Tuesday or Thursday.

Lisa/Insurance and Billing.



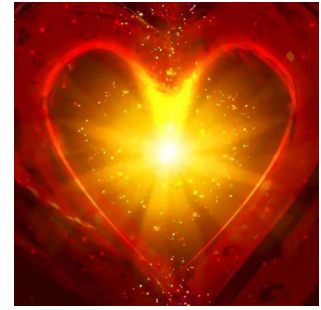
*Dawn of Kelling
Chiropractic and Amanda
of
Northland
Therapeutic are here to
massage your aches and
pains away.
Give your sweetie the best
Valentine's gift.....
a massage*

*Dawn 816.628.6141
Amanda 816.522.4713*

The Heart Is A Lonely Hunter

by: Linda Laskowski, Cct

“Don’t be reckless with other people’s heart, don’t put up with those who are reckless with yours”



What the heart seeks, the mind will usually have a battle with. There has, seemingly always been a war between the heart and the mind. However, I have always learned that if you listen to your heart, you will always come out on top.

It is written in many books that your heart is where God resides. So when you listen to your heart, you are truly hearing the voice of your Creator.

The sound of a heart beating is always a comfort, especially to a newborn. Puppies are given a clock sometimes to simulate a heartbeat so they can settle down after being taken from their mother.

Our brains are the computer center of our bodies and it is always on the hunt for anything new and exciting to do. However, when the messages reach the heart center, most likely it is a different story. The phrase, “My Heart just isn’t into it” means just that and should always be taken seriously.

In these same books they usually group the heart together with the soul. “The heart and soul” of the matter. When two people connect heart to heart it is said to be a true connection.

These same books also say that the “Heart is a lonely hunter” for it is always on the prowl for true love. Your heart will never lie to you....your brain always will. Why,? Because the brain is looking for the next adventure, the next newest gadget, the next phone with all the bells and whistles. The heart, it’s just looking for L-O-V-E.

When someone has shown their heart to you it is then your ‘unwritten’ responsibility to care for that heart. There are rules to love and they are not to be taken lightly or broken with no regard to how you have just manhandled another's heart.

This is where pure honest truth comes in at all times. If you can’t reciprocate the true feelings of your heart back to another then you have to be open and honest and tell them so. To play with another persons’ heart is callous.

People die from a broken heart and this can be avoided if the other person will put themselves into the other one’s shoes and speak to them as if they were hearing the message, it would no doubt be dealt with compassion.

Everyone hears a different message in their heart center so it is for no man to judge what that person is truly feeling, however, you must listen to your heart, openly without reservation and then follow your heart’s desire. The heart only feels love, the brain always feels everything else. We as humans set up this silly war inside ourselves from the beginning of time. UGH!!!!

The Aspirin Myth by: Garry F. Gordon, MD, DO, MD(H)

I believe that 98% of all doctors still believe in the *Aspirin Myth*.

This nice review of the facts reveals how little benefit there is in many studies until Bufferin containing some Magnesium saved the day. I think it is likely that Magnesium as found in Bufferin provided the only substantial benefit ever shown in any study regarding heart disease and Aspirin.

Now you at least will know more than the doctors who were sold this bill of goods on aspirin benefit. Yet if you stop and think, aspirin is not recommended until you have had a heart attack of some event. This is because they cannot dare recommend giving it to everyone, as there would be far more risk than benefit for the population at large. This is because of internal bleeding: some simply bleed to death at home, without ever realizing aspirin is that hard on the intestine lining.

Every patient with cardiovascular problems comes to my office taking aspirin. You hear it everywhere, especially from your doctor, “An aspirin a day will reduce heart attacks and strokes by 50%.” However, it’s just not so. These claims are massive exaggerations at best and shamefully skewed science at the worst. Whatever the reason, too many people are taking aspirin.

How did all this aspirin use get started? Let’s look at the history of aspirin studies. Doctors and people alike noticed that when a person on aspirin cut themselves, they seemed to bleed longer. So in 1968, Dr. J.R. O’Brian of Portsmouth, England suggested that aspirin could reduce the stickiness of platelets, and that this might reduce clot formation. He also suggested that taking an aspirin a day might prevent heart attacks, strokes from clots, and pulmonary embolisms (a clot striking the lungs). He designed a study to see if there would be less blood clots after surgical procedures if aspirin was taken. The results were published in *The Lancet*, the British medical journal, in 1971. Aspirin was found to be of no benefit.

Regardless, the fascination with aspirin for prevention continued. In 1974 two more tests were completed in England and reported in medical journals. The tests were designed to determine if aspirin could prevent or reduce the number of second heart attacks in those who already had a previous heart attack. The British Medical Journal followed 1,233 coronary patients and the Lancet reported on 1,682 patients, which were followed. Both tests suggested such a small benefit from aspirin that it was considered of no statistical significance. The matter was closed in England.

In a 1979 trial at the University of Oregon, aspirin was used to try to keep vein grafts open after coronary artery bypass surgery. Dr. George Partely reported the findings in the *New England Journal of Medicine*. Aspirin was of no benefit in keeping vein grafts open.

In 1980 in the USA, the National Heart, Lung, and Blood Institute (now National Institute of Health) did a similar study to see if second heart attacks could be avoided with aspirin. They used only people who already had a past heart attack. They spent 16 million dollars and did a much larger study than the ones done in England. Their conclusion, reported by Dr. R. L. Levy, director of National Heart, Lung and Blood, was particularly clear.

See Page 5 THE ASPIRIN MYTH

“Have You Tried An Ionic Detoxification Foot Bath?”

TOXINS: Today we are exposed to the greatest toxic load in the history of our planet. Ongoing periodic detoxification is essential to maintaining good health and avoiding disease.

Exposure to toxins is something that we simply cannot avoid but we can assist our bodies with removing toxins.

HISTORY LESSON: Ionic Detoxification is nothing new; in fact its origins date back 5000 years in Eastern Indian traditions and even further in Ancient Chinese practices.

Negative ions were first studied in Russia in the 1850's. They are one of the most basic universal building blocks of human health.

Without the presence of negative ions, the body cannot survive. Aging is the result of the body being exposed to a constant stream of positive ions. This slowly erodes our health until we succumb to sickness and disease. The struggle for health is the effort to get enough negative ions in our system.

HOW DOES IT WORK?: The feet have over 7,200 nerve endings and 2,000 sweat glands as well as arteries and veins that all cross paths in the feet.

During the ionizing process, negative ions are generated in the water. Your body absorbs millions of these negatively charged ions, which alkalize the blood and tissues.

Because your feet are in direct contact with the ions being manufactured in the water, this makes them a natural gateway for the ions and exit path for the toxins.

DEBUNKING THE MYTH: In order to provide validity to the claims that are made regarding the Ionic Foot Detox, a urine pH test was done before and then again after the detox, to determine if there was any noticeable change.

The conclusion was, the pH level of the urine collected prior to the detox was acidic. The urine that was tested after the detox as right in the middle of the pH spectrum, as it should be, and noticeably more alkaline than sample that was collected before the Ionic Foot Detox. Another test that has been conducted was on blood samples before the detox and 35 minutes later. Before the foot detox the blood was sticky dark and clumped together. After the Ionic Foot Detox the red blood cells were rounder, energetic and more full of life.

Ionic Foot Detox are available through Kelling Chiropractic 816.628.6141 and Viable Options 816.438.3451

Kellings Healthy TidBits

⇒ **Mental Attitude:** Cell Phone Addiction? Researchers from Baylor University suggest that cell phone addiction is becoming an increasing form of dependence in today's society. The study found that 60% of high school students report that they may be addicted to their cell phones, and some say they become agitated if their phone is not nearby. The authors of the study write, "Given the ever increasing array of activities that can be performed via a cell phone, it is critical that we understand which activities are more likely to be associated with cell phone addiction."

Journal of Behavioral Addictions, August 2014

⇒ **Health Alert:** Action-Packed Shows Can Threaten Your Waistline. Watching your favorite action-oriented show on TV could be bad for your waistline, according to a new report. Investigators found that people eat nearly twice as much snack food while watching action films or shows than watching programming from less exciting genres. Study author Dr. Aner Tal adds, "More stimulating programs that are fast-paced, include many camera cuts, really draw you in, and distract you from what you are eating. They can make you eat more because you're paying less attention to how much you are putting in your mouth" JAMA Internal Medicine, September, 2014

Kellings Healthy TidBits

⇒ **Exercise: Fitness Decline in Middle-Age Associated with Sleep Problems.** If you're approaching middle-age and want to help minimize your risk for sleep disturbances, stay physically active. A 35 year long study involving over 8,500 men and women found that each one minute decline in treadmill endurance between the ages of 51 and 56 increased the odds for sleeping problems by 1.3-1.7%
European Society of Cardiology, August 2014

⇒ **Chiropractic: Are You Dizzy? Chiropractic May Be The Answer.** A 29 year old male who had been suffering from chronic dizziness and neck pain presented for chiropractic care. His symptoms had developed after a motor vehicle accident, and he failed to respond to traditional medical and other alternative treatments. His diagnosis was cervicogenic dizziness, which means dizziness caused a problem in his neck. He reported immediate improvement in symptoms after his first adjustment and after two months of care, he had significantly less dizziness and pain, increased range of motion, and an improved quality of life. The findings of this case support the use of chiropractic treatment in the management of cervicogenic dizziness.
Journal of Chiropractic Medicine, September, 2011

QUOTE:

“The weak can never forgive. Forgiveness is the attribute of the strong.”
Mahatma Gandhi

The Aspirin Myth.....Continued from Page 3

Aspirin did no good in preventing a second heart attack. Aspirin did cause ulcer-like abdominal pain, stomach inflammation, and bleeding from the stomach and the intestines. 15% of the study participants had to quit due to these adverse symptoms. They advised that heart attack patients not be given aspirin on a sustained basis.

So, it is 1987 and there's still no scientific reason to take aspirin for your heart. But here's where it gets interesting. In 1988 and 1989 a big group of doctors themselves begin to take aspirin along with a matched group of doctors who did not (The Physician's Study). One group was in England, the other in the USA. The English group reported no reduction in heart attacks, but the USA group reported "44% less non-fatal heart attacks." The 44% figure got stretched through popular use to 50%! But the question is, were there just as many fatal heart attacks in the USA study? The answer: yes, there were just as many fatal heart attacks! There was no reduction in deaths.

So what is a non-fatal heart attack anyway? A milder one. One that doesn't kill you! Well if aspirin causes 44% less of these milder heart attacks, wouldn't that be a good thing? But wait a minute! Why didn't the English study report 44% less no-fatal heart attacks?

The answer is simple. The English study used pure aspirin. But in the USA, the Bufferin company provided the aspirin and they provided Bufferin, which is aspirin plus a pinch of magnesium (to soothe the stomach). As far as I'm concerned, these well run studies proved beyond a shadow of a doubt that a pinch of magnesium reduces non-fatal heart attacks by 44%. Can you imagine what happens when a full dose of magnesium is taken? In fact, a study was done where emergency room patients with chest pain were given, or not given, a single injection of magnesium before being admitted to the hospital. There was about a 50% reduction in cardiovascular mortality, from that one shot alone, during the subsequent hospitalization!

How about stroke prevention and aspirin? There are two kinds of strokes: strokes from clots and strokes from hemorrhages. Aspirin was found to reduce strokes from clots by the same percentage that it increased strokes from hemorrhages. Any benefit is canceled out. That's it.

“Forget the former things; Do not dwell on the past. See I am doing a new thing! Now it springs up, do you not perceive it? I am making a way in the desert and streams in the wasteland”

(Isaiah 43: 18-19)

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Getting Healthy in 2016

allergic to them)

2. Vitamin D—it's for healthy bone growth, but more importantly it boosts your immune system, fights cancer, and helps with depression.

3. Fish Oil—improves the cardiovascular and nervous systems, as well as a natural anti-inflammatory and enhances mental activity.

4. Magnesium—healthy bone growth but also is a natural muscle relaxer. Many athletes will soak in an Epsom Salt bath after intense activity-to prevent muscle soreness. Improves quality of sleep.

5. Probiotics-by increasing the healthy bacteria in your gastro-intestinal tract, your body is able to fight off viral and bacterial infections before they can get started. 70% of your immune system is in your gut.

Lastly, try to increase your activity level. They recommend 30 minutes of exercise, 3-4 times per week. Find that activity that works for you. You don't have to go to the gym, try water aerobics, swimming, Zumba, Pilates, yoga, biking, dancing, or dance exercise classes.

Let's Get Healthy In 2016

Dr. Kelling