



“Are You Ready for 2016???”

In numerology, or the study of numbers, this is an ending year. What does that mean? Well, $2+0+1+6=9$. A cycle is nine years. So, for all of us there will be lots of things coming to an end. There could be changes at work. Maybe you are ready to retire or a business may be closing. There could be changes in relationships. It could be time to reevaluate your relationships with everyone around you. Your friends, neighbors, co-workers, employees, and family members.

Do you have individuals in your life that need to move on? Energy vampires? People who are high maintenance, drama queens and kings who aren't happy unless there is CHAOS??? If things are running smoothly, they find a way to create drama and cause upheaval in their life and those around them. Sometimes, they do it on a subconscious level and they don't know it. Other times they know exactly what they are doing!!!

These individuals need to go! Every few years you need to “prune the dead branches.” If they aren't contributing anything on a positive level, send them on their way. Most of these people are TAKERS not givers. They are extremely negative, and they suck your time, energy and finances. They steal the joy from those around them. By allowing them to continue in this way, you are contributing to an unhealthy “co-dependency relationship.” Even worse, you are not allowing them to grow! You are holding them back. We all need to improve ourselves and try to make changes in every area of our lives. Let's all try to help others evolve mentally, physically, emotionally, and most importantly, spiritually.

Sometimes, you can help someone the MOST by NOT helping them.....

Let's all have a healthy, happy, and prosperous 2016!

Dr. Kelling

January, 2016

LOVE....

Love sees with the

HEART,

Thinks with the

SOUL,

And grows greater AS it

is given away....

TO ALL MY FRIENDS & FAMILY,
I HOPE THAT 2016 BRINGS YOU:

MORE LAUGHTER
MORE SUNSETS
MORE SLEEP
MORE FUN
MORE MUSIC
MORE ADVENTURES
MORE MEMORIES
MORE TIME
MORE HUGS
MORE LOVE



It's MASSAGE TIME

Give a call.....

When We Have A War Between Our Heart and Our Brain.....by Linda

No greater war will ever be fought than the one we wage within ourselves with our heart and brain. It's a battle that leaves one destroyed and the other wounded sometimes for life.

It has been a never ending war since the beginning of time.....what the heart wants and what the brain tells you what you can and can't have.

The brain is a large computer and is always looking for the next "fix". The next stimulus based on the stories that we have stored, usually from childhood, in our different compartments labeled relationships, self worth, self love, money, fame, success, the list goes on. Each of these stories are owned by our ego and our ego is never wrong. We simply go through life finding circumstances and different scenarios to support our ego and this is where we start to live a life of constant upheaval, despair, unhappiness and most often loneliness, which we try to solve by settling for a warm body next to us. When we change or destroy these old outdated stories that we have garnered throughout the years from our various circumstances then we not only stop destroying ourselves we start to listen to that voice that speaks ever so softly to our heart and we find happiness, true love and a life fulfilled.

Our hearts are our navigators, if listened to it will never lead us astray. Our heart only wants the best for us....that is why there are so many clichés about the heart. If our heart isn't truly into something, most likely it will never work, no matter what we are trying to accomplish.

When we work on ourselves and we destroy those awful self defeating stories that are locked up inside of us and our brains start to listen to our hearts and our hearts start to trust our brains we truly do find peace on earth.

"Sometimes you find yourself in the middle of nowhere, and sometimes in the middle of nowhere you find yourself:"

Anonymous

"What great thing would you attempt if you knew you could not fail"

Robert H. Schuller

It is a journey we all have to take willingly or not to fulfill our destinies. We must end the war between the brain and heart.....north versus south so we can put in happier more life ascertaining fun stories that will bring us happiness, peace of mind, body and soul.

So as we enter fully into 2016 we are reminded even though it is a 9 year and a year of endings, all endings are not bad. Whenever there is any upheaval or any discord the light always finds a way to shine again and everything becomes clearer and brighter and the mind is made stronger and the heart is filled with true love and compassion. These are not bad rewards to come out of such a mighty war.

May we all receive the Medal of Honor in our quests for life, liberty and our own pursuits of happiness.

Happy New Year to all !!!!!!!!!!!!!!!

CONTINUE TO BE GRATEFUL IN “2016”

“When gratitude bubbles up from the heart, it opens us to joy and creativity.”

Gratitude may be one of the most overlooked tools we may use daily, writes Amy Morin, psychotherapist and author of *13 Things Mentally Strong People do Not Do*. She shares her research:

1. Gratitude opens the door to more relationships when one shows appreciation to new and old friends. When someone holds the door open for you and you thank them, based upon a 2014 study, this inspires them to be friendly with you.
2. Grateful people tend to exercise more and eat right.
3. Gratitude improves psychological health by easing toxic emotions such as envy, frustration and regret. It improves happiness and reduces depression.
4. Gratitude enhances empathy and sensitivity, according to a 2012 study by the University of Kentucky.
5. Grateful folks sleep better. Jot down a few grateful thoughts before sleep and see if you sleep better and longer.
6. When you appreciate another’s success, it lifts your self esteem.
7. Fostering gratitude helps to melt stress even in the dark times, proven in a 2016 study with Vietnam War Vets.

An Interview With.....Neil deGrasse Tyson....

What advice would you give the younger you? *There’s no time I would go back and say, “Do this differently.: Experiencing mistakes has been devalued in our culture. They want people to make the right decisions at all times. Well, there’s a saying in research science, If you’re not making mistakes, then you’re not on the frontier of discovery. I’m the sum of the correct decisions I’ve made and the incorrect decisions I’ve made; each one of those shapes the wisdom that I carry today.*

What’s your role as an educator? One of my quotes to live by was uttered by Horace Mann, “Be ashamed to die until you have won some victory for humanity.” I see being a scientist and an educator as fulfilling part of that statement. By the way, I learned of that quote from an episode of *The Twilight Zone*, and I want it on my tombstone.

Neil deGrasse Tyson is an astrophysicist, author, TV and radio host, and director of the Hayden Planetarium in New York City. He has 4.5 million Twitter followers.

Pride blinds us to our faults and to our need for God. The Bible warns, “Pride goes before destruction, a haughty spirit before a fall”

Proverbs 16:18

“2016” Year of the Pig

At New Year’s festivities throughout the world different foods herald in the New Year’s hope for health and wealth. Since “2016” is the year of the pig it is only fitting we share an outstanding Cuban recipe for roast pork. Why pork? It has to do with the way the animals root, pushing ever forward to a better-fed future.....ENJOY.....

Lechon Asado (Roast Pig)

3 lbs. boneless pork shoulder, tied
4 Tbsp kosher salt
1 Tbsp black pepper
Juice of 6 fresh limes
2 cups orange juice concentrate
1 cup olive oil
1 quart of water
1 Tbsp ground cumin
2 bay leaves
3 garlic cloves, minced
1 Tsp dried oregano

Marinate the Pork: Make 3 inch slits over entire surface of the meat, and rub generously with salt and pepper. Mix remainder of ingredients in a deep, heavy bottomed roasting pan. Add pork and enough water to bring liquid halfway up the sides of the meat. Marinate for 4 hours or up to 3 days.

SOUR ORANGE MOJO

1 cup olive oil
10 garlic cloves, minced
1/2 onion, minced
Juice of 1 large orange
Juice of 8 limes
1/2 Tsp. oregano
2 Tsp. ground cumin
1 Tsp. salt + 1 Tsp. Pepper
3/4 cup Chopped Fresh Parsley
Heat 2 Tbsp. Olive Oil in large saucepan over medium heat. Add garlic and onion and cook, stirring constantly, until golden brown 2 to 3 minutes. Stir in juices, oregano, cumin, salt, pepper and 3/4 cup water and bring to rolling boil. Remove from heat, add remaining oil and let cool, stir in parsley and serve.

Complete The Dish: Preheat oven to 325. Cover pan and roast the pork in the marinade for 4 hours. Uncover and continue cooking another 30 minutes. (Pork is ready when it reaches an internal temperature of 140) Remove meat from pan and allow to cool. Cut into large chunks and serve with Sour Orange Mojo (above).

HULL’s Kitchen: Is “Healthy” Rice Killing You?

Eaters of white and brown rice have healthier diets– they take in more fruits and they take in more fruits and vegetables and less saturated fat and added sugar, a Baylor College of Medicine study of more than 14,000 adults showed.

But all’s not well in Riceville. It turns out, the grain is often tainted with carcinogenic metals, especially when crops are grown in once industrial areas.

In China, the concern is cadmium, a metallic compound that may cause cancer and kidney disease. In fact, a Greenpeace East Asia test found unsafe levels of cadmium in 12 of 13 rice crops sampled.

Stateside, arsenic is the enemy, though the FDA has so far deemed levels too low to cause immediate adverse health effects.

Still, fear is growing that tainted rice poses major health risks; “Arsenic is a carcinogen, as is cadmium,” says Arsenic & Rice author Andy Meharg, Ph.D. “Small amounts over a long time will increase cancer risks.” Thankfully, you don’t need to ban rice from your diet.....see our tips on the Back Page.



THE VINEGAR TASTERS...

an ancient painting, very well known in Asia

We see three men standing around a vat of vinegar. Each has dipped his finger into the vinegar and has tasted it. The expression on each man's face shows his individual reaction. Since the painting is allegorical, we are to understand that there are no ordinary vinegar tasters, but are instead representatives of the "Three Teachings" of China, and that the vinegar they are sampling represents the Essence of Life.

The three masters are K'ung Fu-tse (Confucius), Buddha, and Lao-tse, author of the oldest existing book of Taosim. The first has a sour look on his face, the second wears a bitter expression, but the third man is smiling.

1. K'ung Fu-tse (mispronounced "Confucius") considered life to be sour. He felt that the world was a disorderly place, which had to be controlled.
2. Buddha—considered life to be bitter. He saw the world as full of pain and illusion, full of attachments and traps. He felt that we must work spiritually to rise above these things.
3. Lao-tse—considered life to be perfect & wonderful as is. He saw a natural harmony that could be experienced by anyone at anytime. He believed the world to be a teacher of valuable lessons, and that we should embrace the wonder of every moment.

Don't Pack All Your Protein Into Dinner

Evenly distributing your protein intake is key to building muscle. In a new study of healthy adults with similar diets, muscle protein synthesis was 25% higher among those who ate 30g of their protein at each meal—breakfast, lunch, and dinner—then among those who ate 10g in the morning, 15g at midday, and 65g at night.

To strike the best balance, replace some of the carbs in your



breakfast or lunch with an egg, plain non-fat Greek yogurt, or nuts—and resist the urge to go hog-wild at dinner.

“Every man’s life ends the same way. It is only the details of how he lived....that distinguish one man from another.”

Ernest Hemingway

“Control your Destiny or someone else will.”

Jack Welch

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Ways To Avoid Metallic Rice

1. “The best rice is from Africa-Egypt, Ghana, and Tanzania are the lowest.” says Meharg, “but it’s not widely available in the U.S.” Instead, look for basmati from India, Pakistan, or Nepal, like Target’s Archer Farms Basmati or Trader Joe’s Organic White Basmati.
2. Pick white rice over brown. Arsenic concentrates in the outer grain, the hull germ, and bran, which are all removed from white rice, leaving it less toxic.
3. For white rice, instant is better than parboiled-which, like brown rice comes with its bran intact.
4. For U.S. brands, stick with California grown. Rice planted where arsenic based pesticides were once used on cotton crops (think Arkansas and Louisiana) is more likely to contain the metal.
5. Rice is typically simmered in water that’s completely absorbed during cooking. Instead to extract metals, cook rice like past. Boil one part rice to six parts water for 30 minutes, drain excess water, then let sit, covered, for 10 minutes.
6. Like anything else, vary your grains from time to time so the body doesn’t get used to one variety.

