

KELLING CHIROPRACTIC

July, 2015



FREEDOM FROM PAIN



Around the 4th of July, let's give thanks for all the different "freedoms" we enjoy in this great country of ours!!!!!!

The freedom to worship any faith of your choosing without fear of persecution. The political freedom we enjoy in this country and the right to vote. Anyone of us have the right to pursue careers of our choosing, and not someone else's, and use our God given talents to the best of our abilities. The right to bear firearms and use them to protect our homes and families.

But, let us also appreciate all the different options available to us to keep us "free from pain."

Just in our office, you can utilize chiropractic, acupuncture, massage therapy, physical therapy, kinesio taping, cold laser therapy, myofascial release, trigger point therapy, exercise therapy, ionic footbaths, and traction.

There are numerous nutritional supplements and herbs that help improve muscle spasms, swollen joints, radiating nerve pain, headaches and inflammation due to osteoporosis and arthritis.

Please never hesitate to ask if we have options available to keep you "free of pain." If we can't help you, you will be referred to someone who can!!!!

Happy 4th Of July

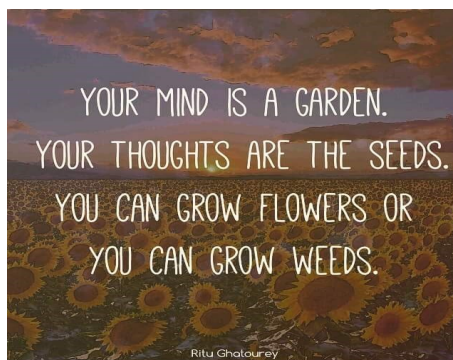


July more than any other month of the year celebrates our freedoms. The freedom of speech, the freedom to worship as we please and most of all the freedom from pain.

At Kelling Chiropractic we protect those freedoms to choose any and all of your healing modalities that can help you be healthy and to stay healthy.

Thank you for trusting all of us with you and your family's well being.

*Have a Happy and Safe
4th*



Viable Options

Workable Choices And our Freedom To Choose Them

BY: Linda Laskowski, Cct., M.H., Id., N.C.

Not many people realize they have choices and one of those choices is the freedom to choose how we live and how we die. This is not something that is discussed openly and most often it is assumed we will just grow, age, get cancer or some other dreaded disease and then we can lie around and die a horribly painful death.

Many years ago I just happen to be in Chicago attending a conference and was looking for the restaurant to grab a quick snack before I was to give my speech. I happen to pass by another conference going on being led by a dermatologist discussing how to have healthy beautiful skin while we age gracefully. What stopped me in my tracks was this statement.... "beauty starts with a clean insides and works its way out through your skin....so if you want to have glowing skin start with a clean colon" I was so mesmerized by that statement I nearly missed giving my own speech.

That was more than 22 years ago and that statement and many others stand true today. Health and healing is an inside job. When our colons are not able through our diets, our emotional state, or our belief patterns, to do the job that they are programmed to do through our DNA then our skin which is our largest elimination organ that we have will have to step up to the plate. In plain terms we will have bowel movements through our skin. We will forever be tired and our sleep patterns will vary from a little sleep to virtually none with a lot of tossing and turning.

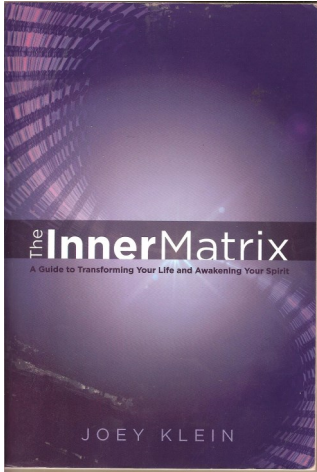
As women we will start to wake between 2 and 4 AM when our body is doing its maintenance cleaning on our liver. Forever trying to balance out all this invasion that is hitting our biggest organ, our skin and keeping a balance constantly. Our bodies are working 24/7 365 days of the year without any rest, not even when we lie down and close our eyes.

Men face the same type of cleansing at the same times however their livers and other organs respond differently than a woman does.

The colon has many functions besides housing 85% of our immune system. Our job is to help our body keep that area clean and free flowing to rid the body of the toxic over load that is created every moment of every day. With our foods being bastardized by the ever growing amount of chemicals, the processing of the meats, the denaturizing of our fruits and vegetables it's a never ending job to support the liver and all its friends, stomach, thyroid, spleen, gall bladder, pancreas so we can reap the highest benefits in terms of digesting our foods properly and being able to eliminate the wastes on a timely basis.

That is one reason people freely choose colonics as it rids the body of the built up toxins fast and easy with no pain or fuss. So I look forward to seeing all of you on my table as we together choose the freedom to have healthy glowing skin and renewed health.





We like to feature a book that has made a great impact on one of more of us during the month. This month we feature

The Inner Matrix by

Joey Klein

The book is available at
Amazon. com

The Inner Matrix

Illuminates a proven approach to living a truly rich and meaningful life-one more deeply connected to spirit. Marrying the ancient wisdom traditions of East and West with the latest science in genetics, psychology, and brain function, Joey Klein provides a cutting edge system to transform your life by shifting deep mental, emotional, and physical patterns that create stress and limit your success.

◇ *Reduced stress*

◇ *Increased focus*

◇ *Higher emotional intelligence*

◇ *Improved health and well being*

◇ *Enhanced connection to spirit*

The book offers a practical guideline to increase your potential. A study group that is FREE of charge is available in North Kansas City, if interested please contact Viable Options for times, dates and phone numbers

Benny's Famous Jalapeno Poppers

When you want to entertain and make it even more than just grilling meat then try these awesome poppers that seem to be everyone's favorite

- 1 (4 oz.) pkg. of cream cheese
- 4 ozs. of shredded cheese
- 6 ozs. of fresh corn kernels
- Salt and black pepper to taste
- 8 fresh jalapeno peppers, cut halved lengthwise and seeded
- 8 slices of bacon cut in half
- 16 toothpicks

1. Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
2. Mix together the cream cheese, Cheddar cheese, corn, salt, and black pepper in a bowl.
3. Fill the jalapeno halves with the cream cheese mixture.
4. Wrap each stuffed pepper with bacon, securing it with a toothpick. Be sure the toothpick pokes through the bacon as well as the pepper.
5. Place the poppers face down on the grill over direct heat. Grill until bacon is crispy and brown, about 5 minutes; turn the poppers over and grill until bacon is crisp on other side, 5 more minutes.

Serve and enjoy with your guests.....before the next yummy course is ready



The Piriformis Muscle

Ever have that nagging low back pain or a pain deep into your buttocks? Sometimes it may hurt to sit or you may have pain running down your legs.

This could be a sign that the piriformis muscle is tight.

The piriformis muscle is a small muscle located deep in the buttocks. This muscle starts from the lower spine attaches to the upper surface of each femur (upper thigh).

This muscle helps assist in the rotation of the hips and turning the leg and feet outward.

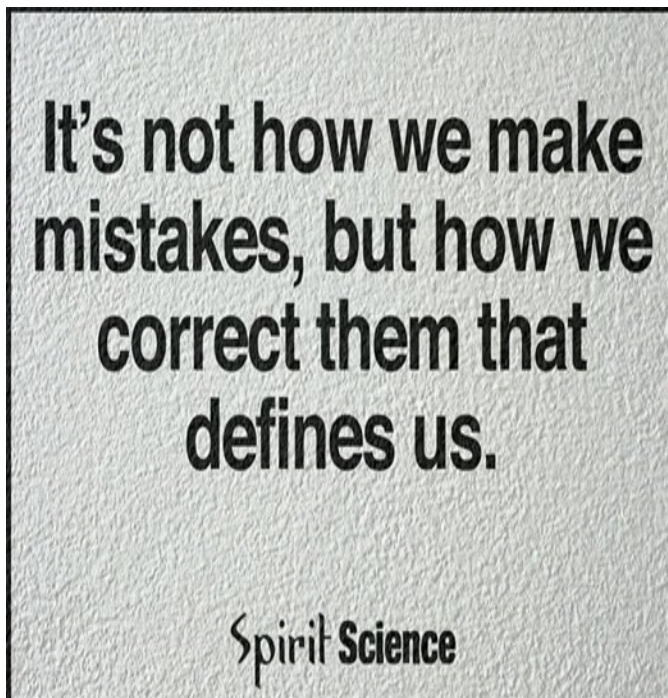
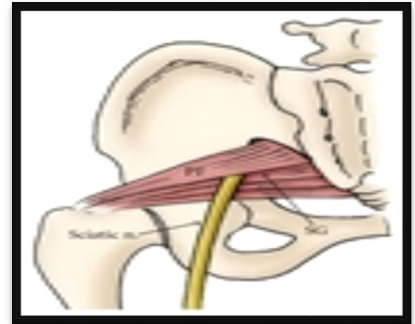
Tension in the piriformis muscle is due to a lot of sitting, especially those who work in an office. Also, you can over use this muscle as athletes do and people who stand and work on their feet all day.

To ease this problem, there are easy stretches you can do. Pictured is just one of them. However they are easily found on any internet search.

Also, massage and chiropractic adjustments combined will relax the muscle thus allowing for an easy and complete adjustment.

If you are on the job simply get up and move around for a few moments and if space is adequate do a few simple stretches. Those who are on their feet daily take a break and get off your feet and rest that muscle.

You'll feel a whole lot better.....



You are 90% bacteria.....

Let that sink in for a second... Just think: for every cell in your body, you have 9 cells of bacteria living in and on your body. It can be a little creepy if you think about it too much.

Most of your bacteria is living inside your intestinal tract, otherwise known as your “gut.” The health of this organism is paramount to the health of your body. Why, you ask?

80% of your immune system spends most of its time around your gut. The health of your gut bacteria and the health of your immune system are vitally linked. When your gut bacteria is balanced, your immune system is also balanced. But when it's out of balance, so is your immune system.



Signs that your immune system is out of balance are: food and seasonal allergies, chronic inflammation, chronic sinusitis, and colds and flus that linger for weeks.

Food sensitivities are a major sign and cause of an immune system imbalance. Food, specifically undigested protein, looks just like a virus or bacteria and our immune system creates an antibody to it. We see this in life-threatening reactions like anaphylactic shock to nuts or shellfish. We can also have a much quieter, non-life threatening reaction to a food (undigested protein), which can over-stimulate our immune system and lead to seasonal allergies, eczema, and many inflammatory conditions. These are usually referred to as food sensitivities. What I've seen over and over again in my practice is that once we discover the foods that you aren't digesting properly you can gain control over allergies, eczema, and many inflammatory conditions.

Undigested protein gets into our blood stream through a “leaky gut.” This is when our intestinal tract is damaged and it allows undigested particles to be absorbed into the blood stream. These proteins can stimulate our immune system for up to 5 days. This is why it's so difficult to figure out our food sensitivities. Even a small amount of gluten, dairy, corn, or soy (our culture's main food triggers) each week can cause our immune system to remain over-stimulated and we will feel our symptoms continuously... even if we've tried our best to reduce these possible triggers.

The best way to balance our immune system is by having a healthy and strong digestive system, and this means our gut bacteria needs to be in balance. Our North American way of eating hasn't helped to keep our gut bacteria balanced. Most traditional cultures regularly consume fermented foods like natural yogurt, sauerkraut, and kimchi, which feed the beneficial bacteria in our gut. In North America, however, we tend to do the opposite. Processed food, refined sugar, chlorine, and antibiotics are major causes of a gut bacteria imbalance.

When your gut is hosting 75% beneficial bacteria, your body (digestion, immunity, brain) is able to create balance. But when the prevalent bacteria in your gut is “bad” bacteria (bacteria that doesn't assist us), they allow for an overgrowth of yeast, molds, and fungus – as well as many digestive symptoms, like bloating, foul-smelling gas, distention, pain, constipation, diarrhea, and a “leaky gut.”

Take care of yourself and get your adjustments which line up your spine and allow for a healthy flow as does massage keeping all the avenues open to ridding your body of the toxic overload.

For more information just give me a call at Viable Options.....816.438.3451

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All Major Credit Cards Accepted, for Insurance Coverage and Billing please direct your calls to Lisa

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An old Cherokee told his grandson, "My son, there is a battle between two wolves inside us all.

One is Evil. It is anger, jealousy, greed, resentment, inferiority, lies and ego. The other is Good. It is joy, peace, love, hope, humility, kindness, empathy, & truth."

The boy thought about it, and asked, "Grandfather, which wolf wins?"

The old man quietly replied, "The one you feed."

- author unknown



All DIS-EASE starts with an unresolved emotion which produces an acid condition aka inflammation and finally the body gets tired and then it shows symptoms and finally a health challenge appears.