



*Let's Get Summer Started*  
*Kelling Chiropractic and*  
*Viable Options welcomes you to*  
*fun in the sun*

June, 2016

**“Remember 2016 is still about changes...  
Saying goodbye to an awesome friend”**

Don't forget 2016 is the last year in the cycle of numbers. There are nine numerals in a cycle,  $2+0+1+6=9$ . This is an exciting year. Lots of changes will come to an end for all of us. Individuals will retire. Businesses will close. Families will move. Couples will get divorced. But for me relationships are ending. There are some awesome friends in my life that are moving away.

I'd like to recognize and thank Amanda MacCracken for being a big part of this community for the last nine years. She was one of the finest and the busiest massage therapist north of the river. She never stopped learning new techniques or trying to improve herself.

I had several patients every day that would see me after one of her massages. She improved the quality of life for so many individuals in the Kearney area. From the elderly to the young athlete. From the broken down horse people to the stressed out businessman. From the overwhelmed soccer mom to the overworked

See Page 2 Remember 2016 is still about changes.....

**TIME TO CHANGE YOUR THINKING**

One of my favorite questions is: “If I talked to you the way you talk to you, would you like me.? The answer from most people is a resounding “NO!” Let's face it. We all have voices in our heads.

Those voices can either cheer us on to greatness, or they can put us down and make us miserable. If you're like the majority of people, your voices spend more time doing the latter than the former.

Please see Page 4 Time To Change Your Thinking

This is Viable Options page and as such I have given it up to Dr. Kelling to say good bye to Amanda and to welcome her replacements.....embrace them and love them as we all have loved Amanda....she would expect nothing less of us.....

Let's welcome.....

Tynesia Davis.....I am a Licensed Massage Therapist and have been a licensed Esthetician since 2007. I earned my Certificate of Massage Therapy from MTTI Wellspring School of Allied Health, a Certificate of Esthetics from the Independence College of Cosmetology and a Certificate of Manicuring from Paris II Educational Center in North Kansas City. I am also an Internationally Certified CIDESCO Diplomat, which is the highest qualification in the Esthetic Industry.

My experiences have provided me with valuable knowledge and techniques to offer clients during their journey to a healthier wellbeing. I have always maintained a primary focus on client stress relief, pain relief and the overall treatment quality. I strive for longevity in the effects of my treatments and the continuous improvement of overall client health. Whether a treatment is intended to address pain and discomfort, or is simply for relaxation, it is my goal to leave every client feeling physically and mentally stress free. I am humble and excited to be a part of this industry. I look forward to touching the lives of as many people possible.

And introducing.....

Voncelle Dawson....

My name is Voncelle Dawson. I was born and raised in Kansas City, Missouri. I still live in south Kansas city. I've been married to my junior high sweetheart for 4 1/2 years now. My daughter is starting her junior year at Northwest West Missouri State University this fall, and my son is entering his sophomore year at Lincoln College Prep Academy. We have the rescue pit bull dogs: Spring Autumn, Sasha Bear, and Blue Doggie.

I started my massage career in Seattle, Washington 18 1/2 years ago. I'm well versed in Deep Tissue, Swedish, Sports, Trigger Point Therapy, Myofascial Release, Manual Lymphatic therapy, Thai, Swe-Thai, Geriatric, Infant, and Kinesio Taping. I'm happy to start serving the holistic health community of Kearney, Missouri. Come by and get your life back with a therapeutic massage.

And last but not least.....introducing

Tim Jackson.....

Tim Jackson, LMT, is a lifelong KC resident, and grew up in the Brookside area. He started work in the restaurant business as a waiter, chef, and bartender, mostly at La Mediterranean on the Plaza. He then

Please see Page 3.....New Massage Therapists Introduction

**“Tomorrow is the most important thing in life, comes into us at midnight very clean, it’s perfect. When it arrives and puts itself in our hands, it hopes we’ve learned something from yesterday.”**

*John Wayne*

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***“When truth is buried it grows and it grows and when it explodes it sometimes does so with such a force it can’t be measured.”***

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***“Not on bread alone is man to live, but on every word that comes from the mouth of God.”***

*Matthew 4:4*

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***A common mistake people make when trying to design something completely foolproof is to underestimate the ingenuity of complete fools.***

*Douglas Noel Adams*

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***Life is infinitely stranger than anything the mind could invent***

*Sir Arthur Conan Doyle*

**Amanda never says..... “Good-Bye” ....**

### **She will Catch You On The Flip Side**

Sometimes life takes you on some big detours and you end up full circle.

I grew up in San Antonio Florida. A one square mile town north of Tampa with a population of 500. Deciding that the world was much bigger than that, I moved to Tampa, which led me to travel and culture.

A road trip landed me in Kansas City and here I am. Full circle, living in a rural home outside of a beautiful small town that I love to work in. I thought I had come full circle, just a different part of the country. Something draws you home though. Family, having children, it's like a strange, uncontrollable magnet. The year I have spent here at Kelling Chiropractic has been the most amazing professional year of my life. I've grown as a massage therapist beyond what I ever thought I could do. I've made amazing life long friends. And I learned how to run a successful business and take care of myself at the same time. I will miss everyone terribly and I believe we have all worked very hard to leave you in very good hands. Come find me on your Florida vacations!

Until next time.....thank you.

We will all miss you madly.....Amanda



### **Introducing our New Massage Therapists.....**

moved into airline work for TWA and Braniff, changing over to booking travel reservations for Sprint, Cerner, and the federal government. Purchasing part of Fitness First Products from his brother, I enjoyed being a business owner for 15 years. As a worldwide traveler and spiritual adventurer, in 2007, I began working with spiritual teachers in Peru, and was guided to "do something to help others". Massage came to mind, and I enrolled at the Institute of Natural Healing, learning basic and advanced bodywork. I finished my massage education in 2011 at Wellspring School of Allied Health, started my career at Massage Heights, and then added a position in the Spa at The Elms. I am proficient at deep tissue work, Swedish, and reflexology. I have been married to my wife, Laura, since 1992, and we have a daughter, Emily, 21 in college. In 2015, I met Amanda Maccracken, who became my client, and she became my therapist as well as a good friend. I am saddened by her departure, but I am very excited and humbled to be following her and joining Kelling Chiropractic.

### **Why We're All Going NearSighted**

Rates of myopia soared 66 % from the 70's to the early 2000s, and a new study in Ophthalmology predicts that nearly half the world, some 5 billion people, could be nearsighted by 2050. A fifth will be at a higher risk for glaucoma, cataracts, and other conditions that can lead to blindness. A possible culprit: computers. Evidence suggests that people who spend hours a day staring at screens have greater odds of having myopia and that nearsightedness is more common among those likely to be doing screen work. Dr. K. David Epley, spokesman for the American Academy of Ophthalmology, suggests the 20-20-20 rule. Every 20 minutes, look 20 feet away for 20 seconds. Also, load up on organic carrots, broccoli, kale, and fatty fish, which have nutrients that help protect eyes. Last, "get a comprehensive eye exam by age 40," he says. "Some diseases, like glaucoma, can cause vision loss without symptoms."

## **Time To Change Your Thinking.....Continued from Page 1**

In today's world, we're bombarded with negative information, unrealistic physical ideals, and fear. It's no wonder our internal voices pick up on these things and reflect them back. It's so pervasive you probably don't realize just how negative your self-talk is. Try this exercise: Sit down in a quiet place for 10 to 20 minutes and try to write down every negative thought that enters your head. You may be surprised to find you can't keep up!

Typically, these patterns or self-talk do not serve us. Often, they hold us back. How can you manage or control your self-talk? There are a variety of techniques and strategies you can use. Just find one that resonates for you and try it. Let's discuss a few:

**TAKE CONTROL:** Decide who and what you'll allow into your head. What kind of books and magazines do you read? What movies or TV shows do you watch? Consider adding positive and affirming items to the mix. (TIP: The news is one of the most negative and upsetting shows you can watch, filled with drama, pain, grief, and fear. If you can't give up watching the news completely, try not to watch it right after walking or just before bed as those are times when our minds are most fertile.) Check out Spiritual Cinema Circle for thought provoking inspirational movies and short films.

**REFLECT ON RELATIONSHIPS:** Research shows we become similar to the five people with whom we spend the most time. If you have a friend who's very negative, perhaps you should minimize the time you spend with them. If it's a spouse or other family member who weighs you down, encourage them to be more positive. (Just keep in mind that you aren't responsible for their emotions, they are. You can't force someone to change, but you can give them encouragement, resources, or guidance.)

**LISTEN IN:** You can't fix a problem you don't understand. Listen carefully to what your self-talk is saying. Write it down. Sometimes the act of having it out in the open is enough to take away the impact. You may even find some of your self-talk contradicts your beliefs. For example, you might believe in a generous and abundant universe, but your self-talk whispers "money doesn't grow on trees" or, "I can't afford that." Once you know what you're telling yourself, you can take steps to neutralize the negativity.

**REPLACE NEGATIVE THOUGHTS:** Strive to stop your negative self-talk in its tracks. As soon as you recognize a familiar negative self-talk pattern, replace it with a positive, powerful, and truthful statement or an affirmation. (Simply thinking "no" or "that's not true" isn't enough) This process is easier if you've already listened in, written down the negative thoughts, and prepared your responses. The next time that negative thought pops into your head you'll be ready.!

**CONTRADICT NEGATIVE THOUGHTS:** If the negative thought is simply untrue, remind yourself of specific examples that contradict the thought. For example, if your voices are muttering that your professional abilities are lacking, remember all the times you were able to help a client when no one else could.

**ADMIT TRUTHS:** Sometimes internal criticism provides insight and opportunities for change. In those cases, take steps to turn the criticism into an untruth. For example, if you tell yourself your professional skills

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Some of the best college graduation speeches this year have come from the mouths of celebrities. Here are some of our favorite quotes of the 2016 season.

Comedy duo Jeannie Gaffigan and Jim Gaffigan.....

“Remember happiness is not found in accomplishments, income or the number of Twitter followers you have,” said Jim. “True happiness is found in family. Living for each other, sacrificing together and enjoying the blessings of fresh guacamole delivered promptly to your door.”

Actor J.K..Simmons..... University of Montana, May 14th

“Take care of yourself: Eat your vegetables, get some exercise, floss. Use your turn signal. I know that has nothing to do with taking care of yourself, it’s just a pet peeve of mine. I needed to get that off my chest. Be on time. Please have the decency to.....not make people wait for you.”

“Take out your telephone and use it to make a telephone call. Call an old person. Call your mom. Call your dad.”

### PONDERISMS

The only difference between a rut and a grave is the depth.

Whenever I feel blue, I start breathing again.

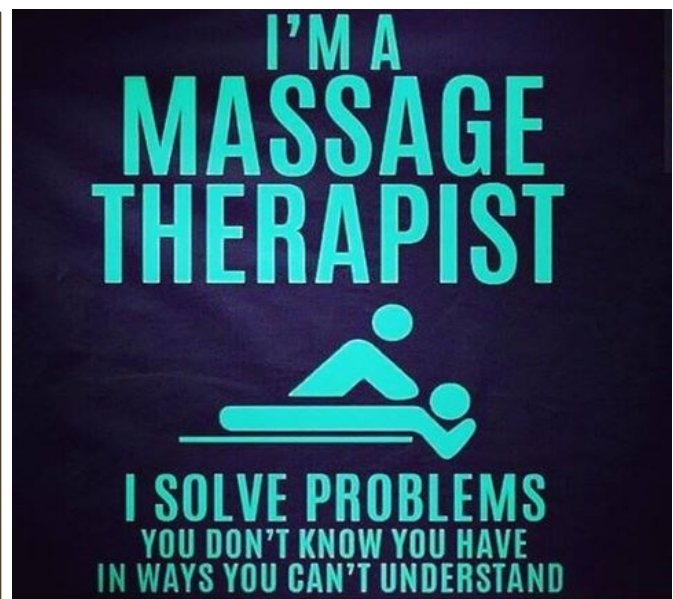
Do illiterate people get the full effect of Alphabet Soup?

In the 60’s, people took acid to make the world weird.  
Now the world is weird and people take Prozac to make it seem normal.

How is it one careless match can start a forest fire, but it takes a whole box to start a campfire.

It is so great to live in a world that a country western singer can sum up life in three short sentences, set it to music with a voice straight from heaven. Billy Currington has done this wonderful song, explaining the world....

GOD is great.....Beer is good.....and People are crazy.....



*Give Kelling Chiropractor a call and book in with one of our outstanding, highly trained massage therapists.....Dawn, Voncelle, Tynesia and or Tim. Give those golf muscles and planting muscles some love.....give them a massage.....*

**KELLING CHIROPRACTIC**  
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**OUR STAFF**

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*“To forget how to dig the earth and  
tend the soil is to forget ourselves.”*

*Gandhi*

**Time To Change Your Thinking.....Continued from Page 4**

are poor, do what it takes to increase your skills and certainty. Or, if you're hard on yourself because you're overweight, begin a healthy routine to help shed excess pounds. Once the negative thought is no longer true, you can contradict it.

**CULTIVATE OPTIMISM:** Make an effort every day to focus on something positive, encouraging or affirming. Focus on thoughts and ideas that empower and energize. Seek out stories of love, courage, bravery, and hope. Find examples of your own strength, compassion, competence, and gratitude. The more you look, the more you'll find!

**KNOW YOURSELF:** Sometimes the negative self-talk is more than one can handle on his or her own. In those situations, professional assistance may be helpful. With a little time and effort, most negative self-talk patterns can be disrupted and shifted to serve you better. Imagine your mind as a creative, fertile garden where the tiniest seed can be nourished into fruition. This is true for “seeds” of doubt, pessimism, anger, fear, jealousy, and low self-esteem. It's equally true for “seeds” of love, respect, appreciation, optimism, and certainty. You have a choice. What will you choose to plant in the garden of your mind?

