



# HAPPY ST. PATRICK'S DAY FROM KELLING CHIROPRACTIC..... VIABLE OPTIONS..... AND NORTHLAND THERAPEUTIC

March, 2016

## “When Is Shoulder Pain Not Really A Shoulder Problem???”

Every week someone comes in with a shoulder pain, that just won't go away, and they've tried everything. Anti-inflammatory meds, physical therapy, exercises, massage, heat, cold and sometimes even cortisone injections. The x-rays, MRI, and other diagnostic tests are all normal.

The patient has tried everything, well not really everything, because now they're in my office. They haven't tried chiropractic. I have had patients waste months and even years (and lots of money) trying to fix a problem, that's not even the problem.....

It turns out more often than not, the pain in the shoulder is actually a PINCHED NERVE in the neck. The real problem is that the longer that you put up with the pain, the longer it takes to fix. But, usually it is always fixable.

See Back Page Shoulder Pain....



## “Leading Others by Leading Yourself”

Many aspire to obtain positions of leadership, but few people have the courage to cultivate the necessary internal skills required to be a great leader in this world. A “leader” is often defined as “one who has commanding authority to influence or direct others.” This popularly accepted definition misses the mark. Having authority and being a real leader are two completely different concepts. A leader is not created by any external position of authority. The key to true leadership is knowing how to command and direct your own internal state. If you aspire to excellence in leadership, you must first learn to lead yourself.

See Page 5 Leading Others.....



Give someone a “pot of gold” at the end of their rainbow and book a massage with either Dawn at 816.628.6141 or Amanda 816.522.4713

## **QUICK HINTS**

- ⇒ **Eat Green Tomatoes:** They contain tomatidina, a compound that may help build muscles and protect them against atrophy. (U of Iowa)
- ⇒ **Get A New Toothbrush:** More than 10 million bacteria are likely chilling on your current one. Also, keep it away from the toilet and for God's sake close the lid when you flush. (U. of Manchester)
- ⇒ **Don't skimp on sleep:** Being sleep deprived can lengthen recovery time from illness. Your sack time, seven to nine hours (U. of Penn)

## **ONE BINGE-DRINKING SESSION COULD GUT YOUR GUT**

Social drinkers beware just one binge-drinking session-for men, more than three strong drinks-is dangerous even if it's not your usual M.O.

When blood samples were taken from a group of men and women with blood alcohol levels of at least 0.8 g/dl, they showed that a binge can cause intestinal "leakiness" that allows gut bacteria to enter the liver and circulation, which can cause fever, inflammation and tissue damage says the study's Gyongyl Szabo, M.D., Ph.D.

Meaning you may be exposing yourself to some of the side effects of chronic drinking even if you're not a chronic drinker. And where's the fun in that?

To stay healthy, make your limit two to three drinks max.

*"It is absurd that a man should rule others,  
who cannot rule himself."*

*Latin Proverb*

## **Viable Options**

As Spring starts its approach think about cleaning the debris from your system. Your whole being changes and your body is able to regenerate.

816.438.3451

## **AN INTERVIEW WITH ROD STEWART**

*What's the best advice you've ever received, and who gave it to you?*

From me dad, who said, "To be properly contended, son, a man needs three things; a job, a sport, and a hobby." So in my case, my job is singer, my sport is football, my hobby is model railroading.

*How should a man handle heart-*

*break? It's only happened to me once, when Rachel (Hunter) left. I understand why they call it heart-break now-because you can actually feel it in your heart. I took to holding a hot water bottle against my chest. I was distracted almost to the point of madness. When you're in the thick of it, just know there's no way around or through it. Time is the only healer.*

*With three marriages, eight children, a solo career, and a band, there's a lot of opportunity for conflict. What's your secret to keeping the peace?*

I think you could call it just going with the flow. I'm very good friends with my exes and the four other mothers who've given birth to my brood. And I've never been in a band where there was really any animosity. All the bands I've had since the Faces, I've been the band leader, and you don't get in the band unless you've got a good sense of humor! It's very important when you're doing long tours that you don't have some oddball who is antisocial. I make sure we all get along with each other.

## **The Bicep Tendon.....by Amanda**



**Neck pain, shoulder pain, rotator cuff pain..... all very common. The root of the problem could actually be caused by something most people have never even heard of. THE BICEP TENDON.**

**The bicep tendon is a tendon within your bicep muscles in your upper arm that attaches at the front of your shoulder. It can be easily mistaken for rotator cuff pain/tear. But then starts the snow ball effect.**

**Just like any muscle, there are any number of reasons that can wreak havoc on the bicep tendon from a big injury to small repetitive motions. Whatever the cause, it slips out of the groove that it sits in, not necessarily causing pain in the bicep, but refers pain elsewhere. If left out of place long enough, can be mistaken for rotator cuff injury. It can and will either creep up into your neck or down into your elbow and thumb, or both. I know two people personally that were scheduled with a Neuro surgeon, thinking they needed neck surgery. Massage, chiropractic neck adjustments, acupuncture all helped but the problem came back every time. All because the root of the problem was never fixed. Most chiropractors can adjust the tendon back in place!**

**There are many ways this tendon can slip out of place, but there are a few very common ones. My personal experience, the arm you hold your child in. I've had problems with my right bicep tendon ever since I had my son. It starts with carrying the car seat. Then carrying the child. I asked Dr Kelling one day when my bicep tendon would stop slipping out. He said "When you stop holding your son." Another one is lifting weights and pushups or throwing square bales. After anything in that category that you do, if it makes your arm just feel useless, especially at the front of your shoulder, yours might be out. When you raise your arms up with your biceps along the side of your ears and there is discomfort or inability, yours might be out. As I am writing this article, and I stand up to show my husband the yoga pose (chair pose) that is always the tell tale that it's out, I get the confirmation..... yes my bicep tendon is out.**

**I think I'll go see my chiropractor.....**

## **Butter vs Margarine...Why I Trust Cows More Than Chemists**

**There is a massive amount of nutrition misinformation on the internet. Even the professionals themselves often say things that challenge common sense and don't seem to have a scientific basis. For example, when they tell people to replace butter with factory—made margarine.**

**Butter and margarine serve the same purpose. They are used for cooking, baking and as spreads. Butter has been a dietary staple for centuries. It is made by churning the fatty portion of cow's milk until it turns into the final product.....butter. That's it.**

**Margarine is totally different. It is a highly processed food that was invented to replace butter. The primary ingredient is vegetable oil along with emulsifiers, colorants and various artificial ingredients. Vegetable oil is liquid at room temperature. This is why margarine is often hydrogenated, which gives it a harder consistency and extends shelf life. Hydrogenation also turns some of the vegetable oils into trans fats.**

**Butter has been demonized by the media and nutrition professionals because it contains large amounts of both saturated fat and cholesterol. But new studies show that this actually doesn't matter....despite decades of anti-fat propaganda. A large review study published in 2010 looked at 21 studies that included a total of 347,747 participants.**

**See Page 4 Butter vs Margarine**

# Butter vs Margarine...Why I Trust Cows More Than Chemists

Continued from Page Three



They found absolutely no association between saturated fat and cardiovascular disease.

Other studies lead to the same conclusion. Eating saturated fat actually improves the blood lipid profile. It raises HDL (the good) cholesterol and changes the LDL from small, dense LDL (very bad) to Large LDL, which is benign. Eating cholesterol rich foods like eggs lead to the same improvements in blood lipid profiles. The LDL pattern improves and HDL goes up. Unless you have a medical condition like familial hypercholesterolemia, then there is NO reason to fear saturated fats or dietary cholesterol. Bottom Line, neither saturated fat nor dietary cholesterol harm the blood lipid profile. They raise the good (HD) cholesterol and change the LDL cholesterol to a benign subtype that is not associated with heart disease. The main ingredients in most margarines are vegetable oils like soybean or safflower oil. Vegetable oils are mostly unsaturated, which is a problem because unsaturated oils are liquid at room temperature and cannot be used as spreads. To remedy this problem, the vegetable oils are subjected to a hydrogenation process. This involves exposing the oils to high heat, high pressure, hydrogen gas and a metal catalyst. Disgusting, yes. This process prolongs the shelf life of the products and makes them harder at room temperature. Hydrogenation makes unsaturated fats resemble saturated fats. Hydrogenated fats are also known as trans fats, which are highly toxic and strongly associated with heart disease. Historically, margarine used to be loaded with trans fats. To make sure you're avoiding trans fats. Read labels. If it says "hydrogenated" anywhere on the ingredients list, then avoid it. The vegetable oils used in them, such as soybean and safflower oil, may be seriously harmful on their own. These types of oils are the biggest sources of polyunsaturated Omega-6 fatty acids in the diet, which we're already eating too much of. Several studies link excess consumption of polyunsaturated vegetable oils with cancer, violence and the very thing margarine is supposed to prevent....heart disease.

The health effects of animal foods depend on what the animals ate. Cows eat grass in their natural environment. But in many countries, they are fed grain-based foods. Butter from grass-fed cows is much more nutritious. It contains more: Vitamin K-2-This little known vitamin plays a role in preventing many diseases, including cancer, osteoporosis and heart disease. CLA-Studies show that this fatty acid can have anti-cancer properties and help lower body fat percentage in humans. Butyrate-A short-chain fatty acid found in butter which is also produced by bacteria in the intestine. It can fight inflammation, improve digestive health and may help prevent weight gain. Omega 3-Grass-fed butter has less Omega-6 and more Omega 3, which is important because most people are already eating way too many Omega-6 fatty acids.

Given that grass fed butter contains a lot more heart-healthy nutrients than butter from grain-fed cows, the health effects of butter can vary dramatically depending on what the cow ate.

In the Nurses' Health Study (United States), dairy fat increased the risk of heart disease, while in an Australian study it was found to lower heart disease risk by a whopping 69%.

This drastic difference is probably caused by different feeding practices. Cows in the U.S. are mostly grain-fed, while cows in Australia eat grass and therefore have more Vitamin K2 and Omega-3s....both of which protect against heart disease.

The Framingham heart study was an observational study that went on for 20 years. In this study, margarine was found to drastically increase the risk of heart disease, while butter had no effect.

**“Leading Others By Leading Yourself”** Continued from Page One

What leads and influences others is the internal presence that you hold. In every moment, the thoughts you have, the emotions you experience and the actions you take have a profound impact on everyone you encounter. All human beings have something called mirror neurons in their brains. Mirror neurons are the basis of human learning and human empathy. Human being’s brains were simply designed to mirror each other. When you watch someone in a state of joy, your brain automatically practices joy, whether you are consciously aware of it or not. As a result, if you hold a state of anger, the brains of those that you are trying to lead will automatically mirror your state of anger. If you hold a state of peace and love, the brains of those around you will begin to mirror that state of peace and love as well. As a result, you cannot cultivate in others a state that you do not possess. In the end analysis we not only lead by example, but because human beings are designed to connect, we can only lead by example. As Albert Schweitzer said, “Example is not the main thing in influencing others, it is the only thing.”

Given that every creation of every vision requires that you align your mind, emotions and body with that vision, you cannot lead a group to manifest a vision unless you consciously embody the state that aligns with the vision. As a result, to be a truly great leader, it is necessary that you step out of fear and into a loved-based state of being. It is almost impossible to identify a vision that you would consciously choose to create that would align with a fear-based state such as anxiety, anger or unworthiness. Few human beings would intentionally create suffering in this world for themselves or others. On the other hand, it is hard to imagine a vision that you would consciously choose that would not align with peace, joy or love. As a result, to be a powerful leader in this world, you must cultivate a capacity for peace, joy and love in all areas of your life.

If you attempt to embrace leadership without self-masterly, those areas of weakness within yourself will only be intensified when you step into a leadership role. The world is full of examples of those who wish to lead others but can’t lead themselves. As a result, those individuals end up creating destruction in their own lives and the lives of their followers. Even for those who find a niche in life where they are competent leaders, those spaces that are not tended to, end up destroying the areas where they once created beauty. The media is full of examples of brilliant business, social, athletic and political leaders who possess a genuine skill in a specific area but find themselves and those around them devastated when an aspect of their life where they do not have awareness, let alone mastery, acts as an Achilles heel. In the end, their lack of self-leadership causes all that they created to crash down upon their heads. This path of self-mastery and therefore profound leadership is not an easy path. It requires courage. It requires relentless pursuit. It requires strength and resilience. However, in the end, it is the path that delivers unbridled success and true fulfillment.

As a practice for self-leadership, sit for ten minutes each day and review the preceding twenty-four hours. Where did you show up in a love-based state such as peace, joy, compassion, enthusiasm, gratitude or love? Where did you show up in a fear-based state such as anxiety, anger, unworthiness, shame, guilt, jealousy or resentment? Don’t judge how you showed up but instead just be mindful of the state you were in throughout your day. Now imagine showing up in a love-based state in all of those situations that were challenging. How different would the experience be for you? How would your influence in the situation shift? See how showing up consistently in such a powerful state of love would expand your capacity to lead and create what you would intend in this world.

Joey Klein, Founder of Conscious Transformation

**KELLING CHIROPRACTIC**  
**310 So. Platte Clay Way**  
**Kearney, MO. 64060**  
**816.628.6141**

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

**OUR STAFF**

**Dr. Brian Kelling M-W-F 8:00 AM—6:00 PM**  
**Dr. Denise Pahmeyer Tues/Thurs 1:00 PM-6:00PM**  
**and Wed 8-11 AM**

**Tina—Therapy Stephanie—Therapy**  
**Lisa-Insurance/Billing Krystle-Front Desk**  
**Dawn—Massage Therapist**

**Viable Options**  
**816.438.3451**

**Linda Laskowski**

**M-W-F 9:00 AM—6:00 PM**

**viableoptions1@gmail.com**  
**www.viableoptions.com**

**All major credit cards accepted as is**  
**cash and checks made payable to**  
**Viable Options**

**Northland Therapeutic**  
**816.522.4713**

**Amanda Maccracken**

**Alternate Mondays**  
**Tuesday thru Friday**  
**9:00 AM—5:45 PM**

**amandamaccracken@gmail.com**  
**Credit Cards, Cash, Checks made**  
**payable to Northland Therapeutic**

## **Shoulder Pain .....**

If the nerve has been pinched for 3 months it has gotten very swollen and inflamed during that period of time. That swelling will not magically disappear with one chiropractic treatment. However, after two weeks of care or sooner, you will notice things are feeling “different.”

Maybe the intensity is decreasing, the episodes are less frequent, driving doesn't irritate it, or maybe you're just sleeping better. As we keep the pressure off the nerve and the spine re-aligns, the condition will resolve.

I will not take you as a patient if I don't think I can help!!! I do not take patients I cannot help, they make me look bad!!!!

**Try Chiropractic First !!!**

## ***Turning Away From God Has Consequences.....***

***The Bible warns.....***

***“Do not be deceived God cannot be mocked...  
Whoever sows to please their flesh, from the flesh will reap destruction.”***

***Galatians 6:7-8***