



## Kelling Chiropractic Center

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Kearney, Mo 64060

816-628-6141

**Newsletter**

**March, 2019**

### Why am I so stiff in the morning???

I've had more patients with morning stiffness this winter than ever before. But why?? Is it the constant change in temperatures or the shifts in the barometric pressure?

How many times have you slipped this winter and not fallen down on your driveway? Just walking around on icy pavement all winter is enough to make your knees and hips sore, you certainly can't wear your normal walking shoes when its cold and snowy outside.

Your feet don't get the support they are normally used to.

However, I think its even simpler than that... We aren't moving enough. We are all sitting too much and probably eating out of boredom. Movement helps to lubricate our joints. All of them, large and small. Make yourself get out and at least go to the store, or possibly join a gym until Spring arrives. If you can't get out due to the weather, then stretch for a few minutes twice a day.

Medical research has determined that there are 256 health-related conditions that are due to the lack of movement. So, get out of your recliner before you start sprouting roots.

Hang in there. Spring is near!!!

Dr. Kelling

*Romans 12:16: Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.*

*We ♥ March  
'cause  
Spring is "almost" in the air!*

# Aching Elbows and Wrists

The weather is starting to warm and spring is just around the corner. People typically start picking back up with yard work and outdoor hobbies that they have had to give up all winter. Returning to these activities without properly warming our bodies can lead to some aches and pains, just like returning to lifting weights after a 6 month break. Elbows and wrists are especially susceptible to injury when you think about starting up tennis, golf, fishing, and gardening to name a few.

Not all elbow pain is the same, there are three bones (humerus, radius and ulna) that make up the elbow joint. It is important to determine the exact site of pain so we can identify what structures are injured and causing pain. The two most common conditions in the elbow are medial and lateral epicondylitis, more commonly known as golfers' and tennis elbow respectively. These injuries come from repetitive motion, which is exactly what a lot of spring time outdoor activities require. Avoiding these injuries by doing some stretching before and after activity is very important. If you do experience elbow pain, we can help! Soft tissue work and massage as well chiropractic adjustments to restore proper motion will help you heal faster. We also use kinesiotape to further accelerate healing and see great results.

The other area I want to talk about is the wrist. In the small area that a watch or bracelet is worn, there are actually 8 small bones called carpals. Abnormal motion or position of these carpal bones can cause pain by affecting other structures in wrist. The most common wrist condition we hear about is carpal tunnel syndrome, where nerves and tendons that pass through the carpal tunnel become compressed. Numbness and weakness of the portions of the fingers and hands is a common symptom. Often people who do lots of computer work suffer from this condition. Paying attention to the position of your wrists is important in preventing this condition as well as maximizing the space in the carpal tunnel by getting your carpal bones adjusted. Most people who do lots of work with their hands also benefit from adjustments to ward off wear and tear from locked up or restricted wrists. If you are having pain in your elbows and wrists please tell us so we can get you back on the right path!

Dr. Newberry

## What do the colors mean in a foot bath?

Ionic foot spas are supposed to neutralize and remove charged toxins from the body through pores in the feet. Each type of toxin produces different colors in the water after it is removed and is associated with the areas of the body that the toxin was pulled from.

<b>Yellow-Green</b> Detoxifying from the kidney, bladder, urinary tract, female/prostate area	<b>Black</b> Detoxifying from liver	<b>Brown</b> Detoxifying from liver, tobacco, cellular debris	<b>Dark Green</b> Detoxifying from gallbladder	<b>White cheese like particles</b> Most likely yeast	<b>Red</b> Removal of toxins associated with blood clotting
	<b>Orange</b> Detoxifying from joints		<b>White Foam</b> Lymphatic system	<b>Blue</b> Detoxifying from kidneys	

# Medical milestone: US Oks marijuana-based drug for seizures

By Matthew Perrone

U.S. health regulators on Monday approved the first prescription drug made from marijuana, a milestone that could spur more research into a drug that remains illegal under federal law, despite growing legalization for recreational and medical use.

The Food and Drug Administration approved the medication, called Epidiolex, to treat two rare forms of epilepsy in patients 2 years and older. But it's not quite medical marijuana.

The strawberry flavored syrup is purified form of a chemical ingredient found in the cannabis plant— but not the one that gets users high. It's not yet clear why the ingredients, called cannabidiol, or CBD, reduce seizures in some people with epilepsy.

British drugmaker GW Pharmaceuticals studied the drug in more than 500 children and adults with hard-to-treat seizures, overcoming numerous legal hurdles that have long stymied research into cannabis.

FDA officials said the drug reduced seizures when combined with older epilepsy drugs. FDA chief Scott Gottlieb said his agency had supported research on cannabis-derived products "for many years."

"This approval serves as a reminder that sound development programs that properly evaluate active ingredients contained in marijuana can lead to important medical therapies," Gottlieb told reporters.

The FDA has previously approved synthetic versions of another cannabis ingredient for medical use, including severe weight loss in patients with HIV.

Epidiolex is essentially a pharmaceutical-grade version CBD oil, which some parents already use to treat children with epilepsy. CBD is one of more than 100 chemicals found in marijuana. But it doesn't contain THC, the ingredient that gives marijuana its mind-altering effect.

Physicians say it's important to have a consistent, government-regulated version.

"I'm really happy we have a product that will be much cleaner and one that I know what it is," said Dr. Ellaine Wirrell, director of the Mayo Clinic's program for childhood epilepsy. "In the artisanal products there's often a huge variation in doses from bottle to bottle depending on where you get it."

Side effects with the drug include diarrhea, vomiting, fatigue and sleep problems.

Several years ago, Allison Hendershot considered relocating her family to Colorado, one of the first states to legalize marijuana and home to a large network of CBD producers and providers. Her 13-year-old daughter, Molly, has suffered from severe seizures since she was 4 months old. But the Hendershot learned about a trial of Epidiolex at New York University.

"I preferred this to some of those other options because it is a commercial product that has gone through rigorous testing," said Hendershot, who lives in Rochester, New York.

Since receiving Epidiolex, Hendershot says her daughter has been able to concentrate more and has had fewer "drop" seizures— in which her entire body goes limp and collapses.



**We want to congratulate all of the winners who participated in our giveaway during the month of February! We want to thank all of the businesses who donated or took part in our giveaway!**



**Give us a Google Review & we will be giving a \$5 credit to use in our office.**

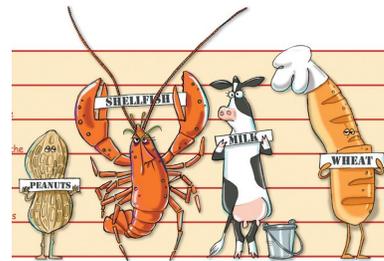
**Do you want Free Money?**

# NAVIGATE ALLERGY SEASON LIKE A PRO UNDERSTANDING “ALLERGY SEASON”

Allergy season is upon us — but what does that mean? When did it start? Better yet, when will it end? Here’s a look at how you can prepare this allergy season.

## WHEN IS ALLERGY SEASON?

That depends on where you live and what you’re allergic to. But generally speaking, there are three allergy seasons for outdoor allergens: spring, summer, and fall.



## HOW TO PREPARE FOR ALLERGY SEASON

The first step is to know what you’re allergic to. Next, it helps to minimize your exposure to those allergens—whether that means cleaning your home in a certain way to reduce indoor allergens or keeping an eye on your local allergy forecast.

Once you start suffering from seasonal allergy symptoms, figure out which allergy medicine is right for you and start treating as soon as your allergy symptoms start. Taking your medicine before peak allergy season can help alleviate symptoms like nasal congestion, runny nose, itchy nose, sneezing, and itchy, watery eyes



### SPRING

In some places, spring allergy season can start as early as February. Trees the main culprit, produce high amounts of pollen.



### SUMMER

During summer, grasses, such as Timothy, Johnson, and Rye, release allergy-causing pollen.



### FALL

Weeds are the top allergy offenders during the fall—especially ragweed, which can grow in nearly every environment

\*taking fresh local honey can prime your immune system for allergy season (1TBSP a day)

## MASSAGE THERAPY IMPROVES POSTURE

From board meetings to bunko groups, there's a lot of tension these days-as in neck and back tension. "Our necks and backs hurt, and poor posture is the No. 1 culprit," says Janice Novak, M.S., author of the book, *Posture, Get it Straight!* (Perigee Trade, 1999).

When you hunch forward, your body isn't properly aligned. "Not only does poor posture look bad, but it forces some muscles to work incredibly hard all day long while others get weaker," Novak says. Poor posture can put you in other slumps, too. "When you slouch, you're pressing down on your internal organs, which affects digestion," Novak says, adding that circulation and breathing capacity can take a hit too.

Unlike other bad habits, poor posture can be relaxing to correct. Why? Because massage can help get your body back on track. Allowing the body to reinforce healthy and natural movements can be one of the most beneficial aspects of massage therapy.

Massage can relax and loosen the muscles made sore by bad posture, allowing your body to position itself in its natural and pain-free posture.

With ongoing massage the muscles are loosened and relaxed joints have greater freedom and pressure points are relieved. This allows the body to position itself in a healthy and natural posture, therefore avoiding the movements and positions developed over time as a reaction to the pain.

## Can Chiropractic Help With Allergies?

Since the beneficial effects of chiropractic adjustments on the nervous system are well documented, it’s not surprising many chiropractic patients report a reduction of allergy symptoms when treated regularly. Misalignment or dysfunctional movements of vertebra can cause a focal irritation in the spine, which then creates abnormal signals received by the central nervous system. When these aberrant signal occur along the same pathway required for the input of normal environmental messages, the body may not interpret the information correctly. When this occurs, an allergic reaction can result.

Although scientific research shows chiropractic adjustments do not cause an improvement in all allergy cases, they’re definitely beneficial for some. The reason for the inconsistency may be because there are a number of different causes for a patient’s hypersensitivity.

If you suffer from allergies, consider chiropractic as one of your potential powerful options.

### Benefits of Improved Posture

- Muscles are loosened and relaxed
- Joints enjoy greater freedom
- Pressure points are relieved



# SEASONAL THREATS: LAVENDER, LEMON, PEPPERMINT

We give you three golden words: Lavender, Lemon, Peppermint. These three essential oils are a powerful all-natural antihistamine which work to cool inflammation caused by allergies. Essential oils have the ability to fight inflammation and boost the immune system. They can help detoxify the body and fight infections, bacteria, parasites, micro-organisms and harmful toxins. They reduce the bodies susceptibility to outside sources and reduce the over reaction to the immune system which is faced with a harmless intruder.

## LAVENDER

Calming, cleansing and anti-inflammatory. It can reduce swelling in the airways, relieve headaches and calm the nervous system.

## LEMON

Cleansing, immunity enhancer and anti-inflammatory. Incredibly helpful for asthmatics, especially when pollen hits the airways and causes inflammation. Citrus is known for its uplifting scent which can help with the fatigue which follows an allergic reaction. Being an immunity booster this will help build your immune system to fight off allergens. (remember lemon increases photosensitivity so apply appropriately when going into direct sun)

## PEPPERMINT

Headache reliever, airway clearer. Helps boost energy. Inhaling can have immediate effects on scratchy throats and blocked sinuses. It is in expectorant which provides relief as it aids in ridding phlegm and reduces inflammation.

## How to apply?

You can use these three oils as a blend or singularly. Diffusing them while at home or where your allergies are the worst is effective. Diffusing will also help build your immune system if you are not suffering within your home. Lemon oil for example can kill bacteria in the air and eliminate allergy triggers. You can also use it in natural cleaners to help ward off any in home allergens. You can also apply with a roller ball, this is where the blend comes in really handy when on the go. Especially when going into environments you know will be a trigger your allergies.

## Seasonal Blend:

Diffuse: 2-3 drops of each essential oil (Lavender, Lemon, Peppermint) 3 times a day

Rollerball: Blend 20 drops of each of the three oils, and fill with a carrier oil in a 10ml roller bottle.

For small children 1 drop of each oil is enough and fill with carrier oil. (if your kid is sensitive to peppermint replace with cedarwood, always test on the soles of the feet first and this is for 3yr+) Apply rollerball to soles of feet, behind ears, back of neck and across the nose



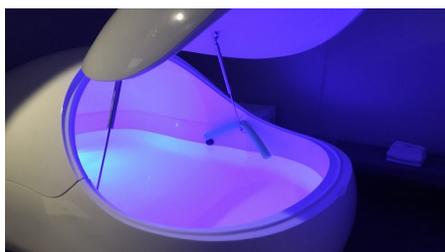
## SENSORY DEPRIVATION TANK

### What is a Sensory Deprivation Tank?

A sensory deprivation tank is a lightless, soundproof tank filled with salt water at skin temperature, in which individuals float. They were first used in 1954 to test the effects of sensory deprivation.

### What does Sensory Deprivation do?

A form of **sensory deprivation** known as REST (restricted environmental stimulation), which consists of floating for several hours in a dark, soundproof tank of water heated to body temperature, has been used to treat drug and smoking addictions, lower back pain, and other conditions associated with excessive stress.



### What are the benefits of a Sensory Deprivation Tank?

Studies suggest time spent floating in a sensory deprivation tank may have some benefits in healthy people, such as muscle relaxation, better sleep, decrease in pain, and decreased stress and anxiety.

### How long can you stay in a Sensory Deprivation Tank?

If you can maintain your composure mentally, there's nothing stopping you from staying in for hours. Most beginners start with a 30-60 minute session.

### Do you hallucinate in a sensory deprivation tank?

The short answer is no. Unless someone is already prone to hallucinations, they most likely will not hallucinate in a float tank.

In other forms of isolation chambers, many people have reported hallucinations, especially when isolated for long periods of time.

**St. Patrick's Day 2019**

Sun, Mar 17, 2019 / Mon, Mar 18, 2019

St Patrick's Day is a global celebration of Irish culture on or around March 17. It particularly remembers St Patrick, one of Ireland's patron saints, who ministered Christianity in Ireland during the fifth century.



Issaic A.	Harold C.	Courtney M.
Ivy A.	Gloria C.	Steve N.
Delores A.	Emma C.	Daniella O.
Taylor A.	Linda C.	Laney P.
Julie B.	Carissa D.	Mark P.
Jodi B.	Stan E.	Cliff R.
Jordan B.	Carrie G.	Dallas R.
Gina B.	Carma G.	Andee R.
Jayne B.	Alvin H.	John S.
Richard B.	Craig H.	Heather S.
Connie B.	Tona K.	Karlie S.
Janice B.	Dorothy L.	Francine V.
Carson C.	Theresa L.	Bonnie Y.



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**M-W-F 8:00am -6:00pm**

**Tue & Thur 12:00pm-6:00pm**

**OUR STAFF**

**Dr. Brian Kelling Dr. Clayton Newberry**

**Krystle, Tammy - Insurance/Billing**

**Gail, Courtney, Rachel - Therapy**

**Dawn, Hilary - Massage Therapists**

All major credit cards accepted. For insurance coverage and billing, please direct your calls to Krystle or Tammy.

**Daylight saving time 2019 in Missouri  
will begin at 2:00 AM on**

**Sunday, March 10**



Do you want  
to keep up  
with what is  
going on in our  
office?

Make sure to like us on Facebook,  
to stay informed on what is going  
on in our office.