

KELLING CHIROPRACTIC



Happy Mother's Day



May 2015

More Changes At Kelling Chiropractic

Last month we added new people and made some pretty awesome changes in our office, and this month we are continuing with the changes that is setting us apart from all the other chiropractic offices.

I would like to introduce and welcome to Kelling Chiropractic, Amanda McCracken owner operator of Northland Therapeutic. Amanda is an awesome massage therapist with over 10 years of experience. Amanda combines many techniques forming her own special combination of stretches, acupressure, deep tissue massage, including the healing properties of Thai Massage that leaves the body completely relaxed and renewed.

We are so happy and fortunate to add her to our growing number of health practitioners that will be able to address any and all of your health challenges.

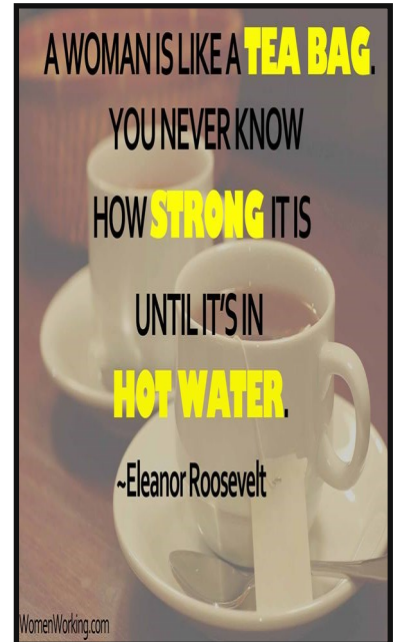
If you have been in the office lately and noticed Dawn missing well she hasn't gone far. Dawn has moved over to the other side of the building where she has her new room set up across from Amanda grouped with Linda our colon therapist.

And the changes continue.....we will be adding more health care professionals as we grow and become one of the leading chiropractic offices in this area. I am proud to be able to bring all these health care practitioners together in one place to help and guide you through your challenges.

Don't stay away too long.....you will miss all the changes ready to happen....

To all of our moms.....

HAPPY MOTHER'S DAY

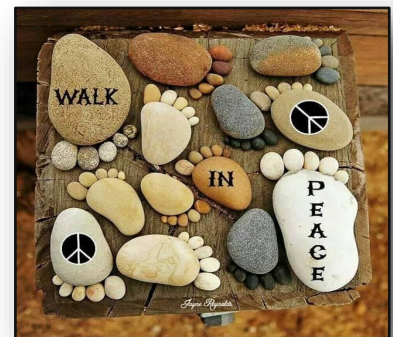


Gift Certificates for Mother's Day

I'm ready for my massage!



just give us a call
816.628.6141



From the Desk of Linda Cct

Well I have a month under my belt and all is going well, I have met many new clients and I am enjoying different and unique opportunities.

I am often asked how I stay on a healthy clean lifestyle so I decided to make that question my column this month. I was introduced, many years ago, to the concept of the 80/20 rule. 80% of the time which is Monday thru Friday I am a very good girl. I drink my special shake in the morning, I drink my water, small salad with protein and usually roasted vegetables with more protein for dinner. I have my wonderfully warm and inviting cup of coffee in the morning and then I enjoy throughout the day and before bed my cup of green tea.

Then on the weekends, if I care to and the opportunity presents itself I thoroughly enjoy my 20% without guilt, shame or worry. I will indulge myself in a beer, mixed drink, pizza, nachos anything I would like and then on Monday morning I return to my healthy routine without fail or upset.

When our 20% becomes our 80% that is when our bodies break down and age quickly. Our organs, muscles and tissues begin to store acid from fast foods, pop, alcohol, drugs whether they are prescription and or fun ones, processed foods, sugars and lots of unresolved emotional conflicts.

If our bodies have been taken care of during the week then the 20% of the time we enjoy ourselves with less nutritional foods our bodies will literally pass the food through and we return to homeostasis (balance) without any upset.

When you want to find a healthier you and you believe it is going to be nothing but depriving yourself of your favorites, then the "I want to be healthier" side of you will fail and we begin our years of struggling with the decisions of what to eat.

Introducing the 80/20 rule isn't very hard at all. This is how I accomplished this lifestyle that I have followed for years. I looked at the 20% much like a Christmas gift that I had to wait for patiently. So then I changed my perspective on the 80% as being boring and depriving, to putting money in the bank for the weekend. This may sound simple and to some childish however I knew at the end of the week I had put lots of health into my account and the small amount that I would be taking out on the weekend would not even make a dent into what I had stored.

On Monday morning without fail I resumed putting the good stuff back into my account that was still full and far from being overdrawn.

Several years ago, my body succumbed to a life threatening health challenge and I was given a rather grim prognosis. My body refused any type of food and since this was not an option I was led to protein shakes and lots of water. When my body finally said yes to food, I adopted my current lifestyle, added back my chiropractic adjustments and always my colonics and allowed my body to return to health.

Since our bodies are always regenerating themselves every week, month, year we have to have healthy cells to regenerate more healthy cells, that is what I have accomplished by living my lifestyle. I am very active and I enjoy doing many things and that takes a healthy body, so give me a call and we can get started on your healthy choices.

Anyone can find the dirt in someone.....

Be the one that finds the gold.....



Proverbs 11:27

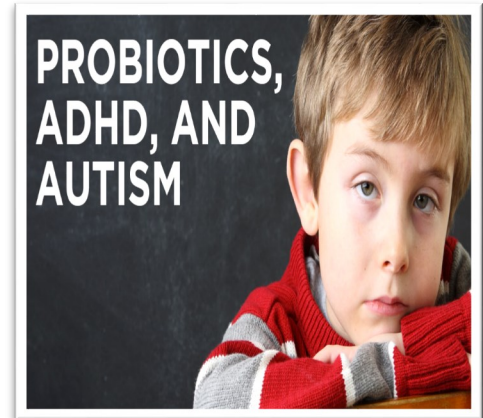
**You are not born
a winner; you are
not born a loser.
You are born a
chooser.**



wake up world
IT'S TIME TO LIVE AND SHINE

Right now in America more than 6 million children carry a diagnosis of ADHD. I think it is fair to say that autism has become an epidemic when you consider that, today, as many as 1 in 40 male births will ultimately be diagnosed as being on the autism spectrum.

So aside from hoping that effective treatments will be developed, there's no question that we have to wonder what may be causing these issues, and if that can be determined, what can be done to fix the problem. One thing that has been clearly supported in research is a relationship between what goes on in the gut and the development of neuropsychiatric disorders like these mentioned here. Bowel issues are common in ADHD and are seen almost universally in autistic children.



Certainly, front and center in research these days is the understanding that the gut bacteria, part of the human microbiome, plays a huge role in terms of brain health and function. As such, researchers in Finland decided to explore the possibility that changing the microbiome might be associated with a reduced risk for both ADHD and autism.

Their study, *published just last month in the journal Pediatric Research*, evaluated 75 infants who were randomized to either receive a specific probiotic, *Lactobacillus rhamnosus*, or a placebo during the first six months of life. The study then followed these kids for the next 13 years.

At age 13 years, ADHD, or autistic spectrum, was diagnosed in 17.1% of the children in the placebo group and none in the group receiving the probiotic.

The conclusion of the study humbly stated:

probiotic supplementation early in life may reduce the risk of neuropsychiatric disorder development later in childhood...

This is quite a study. The researchers were able to demonstrate that just receiving one specific species of a probiotic virtually eliminated the development of either ADHD or autistic spectrum in those children receiving this intervention. I would agree that further study is necessary, but even this preliminary study demonstrates the profound potential moving forward for actual medical utilization of a probiotic regimen to prevent a brain disorder.

Keep in mind that this study was begun 14 years ago at time when researchers were just beginning to get a taste of the importance of gut bacteria as they relate to the brain.

HATE has 4 letters....But so does LOVE

ENEMIES has 7 letters....But so does FRIENDS

LYING has 5 letters....But so does TRUTH

HURT has 4 letters....But so does HEAL

Transform every negative energy into
a positive energy!!!!

A Man's Success Has A Lot To
Do With The Kind Of Woman
He Chooses To Have In His Life.

Kelling's Healthy TidBits

- ⇒ **Mental Attitude: A Sense of Purpose Is Important for Heart Health.** A review of past research involving more than 137,000 individuals found that living a life with a strong sense of purpose may lower a person's risk of early death, heart attack, and stroke. Compared with those lacking a sense of meaning and direction in life, researchers found that study participants possessing a strong sense of purpose had a 23% reduced risk of premature death from any cause and a 19% lower risk for cardiovascular-related events such as heart attack or stroke. Study author Dr. Randy Cohen writes, "Purpose in life is considered a basic psychological need, and has been defined as a sense of meaning and direction in one's life, which gives the feeling that life is worth living."
American Heart Association, March 2015
- ⇒ **Health Alert: Air Pollution May Increase Stroke Risk.** A new study has discovered that high levels of small particle air pollution can increase an individual's risk for narrowing of the carotid arteries in the neck, a risk factor for stroke. The findings come from screening tests of more than 300,000 people living in New York. Investigators found that those who live in areas with high levels of air pollution were 24% more likely to have narrowing of the arteries that deliver blood to the brain. Lead author Dr. Jonathan Newman adds, "If you're in good health, the level of air pollution we see in most parts of the United States probably doesn't pose a significant health risk to you. But for people who are very young, very old, or have other medical problems, air pollution could be a significant source of cardiovascular disease risk."
American College of Cardiology, March 2015
- ⇒ **Diet: Lycopene May Reduce Risk of Kidney Cancer in Older Women.** Lycopene is an antioxidant compound commonly advertised as a component of tomatoes and tomato products. An analysis of data from over 96,000 postmenopausal women revealed that a higher intake of lycopene is associated with up to a 39% reduced risk for developing renal cell carcinoma.
Cancer, February 2015
- ⇒ **Exercise: Can Interactive Cycling Games Provide an Alternative to Conventional Exercise?** Scientists recently compared the physiological and enjoyment responses between conventional cycling and interactive video game cycling. They found that interactive video game cycling was more enjoyable for study participants and led to a higher overall energy expenditure. Based on these findings, the researchers concluded that interactive cycling games could be a suitable alternative to conventional exercise. *PLOS ONE, March, 2015*
- ⇒ **Chiropractic: Back Pain Prevalence and Obesity Around the World.** Using data collected from 42,116 individuals from nine countries across five continents, researchers have found that obesity can increase an individual's risk for back pain 1.4 to 3.3 times when compared with their countrymen whose body mass index scores fall in the normal range. While further studies are needed to identify what factors lead to greater back pain risk for obese adults in some countries, it's clear that maintaining a healthy weight should be an important part of everyone's back pain prevention strategy.
BMC Public Health, February 2015
- ⇒ **Wellness/Prevention: This May Slow Cardiovascular Disease in Patients with Kidney Disease.** For kidney disease patients, cardiovascular disease is the main cause of morbidity and mortality. An animal based study looked at the effect of daily exercise on mice with compromised kidney function. Compared with sedentary mice, researchers observed considerably less aortic plaque build up in the mice that exercised. Further research is necessary to verify these findings and eventually determine if such benefits translate to human kidney disease patients.
PLOS ONE, March 2015

Cauliflower Pizza Crust

1/2 head cauliflower, coarsely chopped

1/2 cup shredded Italian Cheese Blend

1/4 cup chopped fresh parsley

1 egg

1 tsp. chopped garlic salt and ground black to taste

1. Place cauliflower pieces through the feeding tube of the food processor using the grating blade; pulse until all cauliflower is shredded.
2. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 15 minutes. Transfer cauliflower to a large bowl and refrigerate, stirring occasionally, until cooled, about 15 minutes.
3. Preheat an oven to 425 degrees F (230 degrees C) Line a baking sheet with parchment paper or a silicon mat.
4. Stir Italian cheese blend, parsley, egg, garlic, salt and pepper into cauliflower until evenly incorporated. Pour mixture onto the prepared baking sheet, press and shape into a pizza crust.
5. Bake in the preheated oven until lightly browned.

Chicken Bacon Artichoke Pizza

GARLIC SAUCE INGREDIENTS

1/4 cup light or fat free Italian salad dressing

1/2 teaspoon garlic powder

1/2 teaspoon salt and dash of pepper

TOPPING

1/2 cup grilled or thinly sliced chicken (breast meat)

1 cup baby spinach leaves

1/3 to 1/2 cup marinated artichoke hearts blotted dry and cut into bite size small pieces

8 ozs. (2 cups) shredded mozzarella cheese

2-3 slices turkey bacon fully cooked chopped into small pieces

1/4 cup crumbled feta cheese

Parmesan cheese, for serving (optional)

Place Garlic Sauce on Cauliflower Crust and then add ingredients by order on crust.

After baking the crust lightly add the ingredients and continue to bake until the cheese is melted and everything is cooked

The 4 Factors that are More Important to Your Health than What you Eat

Many years ago I worked in a small natural food store. All day I watched health-conscious customers read labels and ask questions about the products in the aisles. They gave great care and attention to the foods they chose to eat.

Then after work, sometimes I would go to the movie theater next door. There I saw people munching on buttery popcorn, eating candy, and gulping down soda, all the while laughing and having fun with their friends or partner. It struck me that the moviegoers often looked so much healthier, happier, and more alive than the people shopping in my store.

This got me thinking – it wasn't just about the food. The idea of holistic health is to look at the integrated system, which includes the physical, mental, spiritual, and emotional parts of life.

Here are four factors that are just as important, if not more important, to your health as the food you eat. They are called primary food, and they are the forms of nourishment that truly feed your hunger for life.

Relationships: The quality of your relationships with your parents, children, spouses, partners, friends, and coworkers explains a lot about your quality of life and your health. Love, friendships, intimacy, and effective communication are all essential forms of food for the soul.

Physical Activity: Our bodies thrive on movement and quickly degenerate without it. When it comes to working out, the challenge is to find the types of exercise you enjoy most and build them into your life.

Please see back page4 Factors that are More Important to Your Health than What you Eat

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The 4 Factors that are More Important to Your Health than What you Eat

Career: Most of us spend more than half of our waking hours at work. Yet how many of us really enjoy it? We don't realize the extent to which our lives would improve if we were doing work we loved.

Spirituality: Spiritual nutrition can feed us on a very deep level and dramatically diminish cravings for the superficial rewards of life. I encourage clients to develop and deepen their spiritual practice. The more grounded you become within yourself the less the outside will be able to make the choices for you that don't always serve you in the highest way.

Quote: "There is no trap so deadly as the trap you set for yourself."