



May 2016

“Do You Want Fact or More Fiction???”

My primary job as a chiropractic physician is to help a patient improve their overall health. Whether I’m treating the source of their pain or helping them make lifestyle changes.

An important aspect of my responsibilities is to provide accurate information and educate my patients.

In the January newsletter, we dispelled the “baby aspirin” myth. The entire premise was based on one single study, after several had failed. The only study that showed any benefit was using an aspirin combined with magnesium. (You might want to take a magnesium supplement.)

In the next newsletter, we discussed the myth of margarine versus butter. The facts are that margarine can raise cholesterol and contribute to heart disease. In actuality, butter from grass-fed cows contains nutrients and amino acids that will prevent heart disease.

In this month's newsletter, we report that a government agency finally recommends that we reduce the amount of fluoride in the water. The health benefits are exaggerated. Excess fluoride consumption has numerous side effects and is actually harmful to our health.

Please see Page 4....Fact or Fiction on Fluoride

The most misleading assumptions are the ones you don't even know you're making....

Douglas Noel Adams

Children’s Brains, Behavior Sensitive to EPA & DHA Levels- Supplements Help

Three new studies underscore the importance of the omega-3 fats-eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) in the developing brains of children.

Paul Montgomery, PhD, of the University of Oxford, United Kingdom, and his colleagues tracked 493 school children ages seven to nine years, all of whom had been selected for study because of their below average reading skills.

After analyzing the children’s blood levels omega-3’s, Montgomery found that lower levels of DHA were associated with poorer reading ability and working memory-that is, more difficulty managing

See Page 3 Children's Brains, Behavior

Emotions DO Cause Dis-Ease

Very interestingly, after twenty years of research and practice as a cardiologist, Dr. Dean Ornish wrote in his book, Love and Survival, that no other factor in medicine, “not diet, not smoking, not exercise, not stress, not genetics, not drugs, not surgery,” affects our health, quality and length of life more than feeling loved and cared for.

Louise Hay and Karol Truman both wrote books on their careers as therapist dealing with people strictly through their emotions that led to certain diseases in their body.

An emotion left unresolved for years and years builds a slow degenerative force within our bodies in which one day you wake up and have cancer, diabetes, heart disease, back problems, depression; the list is endless.

I learned this lesson the hard way; twice. Now, today I am a maniac when an emotional issue pops up in my life, I settle it immediately as I do not want to be on the receiving end of this powerful force.

Being a colon therapist I deal with people on a daily basis not only with their physical complaints, also with their emotional issues as that is primarily the cause of why they are laying on my table suffering through the physical part of these issues that either start to show up or they have had them for years and never dealt with them.

I have for several years used Karol Truman’s book, Feelings Buried Alive Never Die. The title speaks for itself, doesn’t it? Being a colon therapist for 25 years I have also become a “therapist” in some regards. Dealing with a client’s emotional issues is a daunting task, most often, mainly because they don’t want to go down that road, however they want everything “physically” to go away....sorry....it doesn’t work that way. I can put an herbal plan together, put them on acidophilus, give them colon cleansers and do colonics and it’s just a band-aid until they deal with the underlying emotional issues that contribute to them not being able to release what is in their colons. It works hand and hand....whatever is troubling you in your heart and soul and you have it locked up tight will lock up tight anything that needs to come through the colon.

Now we are into bloat, gas, overeating, eating the wrong foods, insomnia, constipation, anxiety, mood swings, depression, I could fill this newsletter with all the symptoms of unexpressed buried alive emotions.

Getting out of your comfort zone, doing what your heart tells you to do might be uncomfortable, however it is the only way to find your strengths and build your weaknesses. See you soon!!!

“If we listen to our insides we will also find that inner therapist who says,

‘Pay attention I’m going to make you hurt a bit now so you will wake up.’

‘For this reason I sometimes call pain and suffering God’s reset button.’

‘It is sometimes the only thing that will make people change.’

Dr. Bernie Siegel, MD

The Positive Cycle of Forgiveness

Ok, be honest. Do you hold grudges? Do you allow old drama to determine your behavior? Is there someone you just can’t seem to forgive?

Grudges and a non-forgiving attitude do nothing but harm both parties. You might feel like you’re “winning” by not letting someone off the hook, but you’re only increasing your own worry and stress. Bitterness can lead to hate, which can sour a life. Today, write a letter explaining your point of view to the person you feel resentful towards.

Clear the air; forgiving him/her.

Even if you don’t send it, it is an excellent way to relieve tension.

Forgiving someone does not absolve them of the wrong that you are experiencing. It can simply free you to live a life that isn’t anchored to the hurt and resentment of the past events.

Children's Brains, Behavior Sensitive..... Continued from Front Page

information for relatively short periods of time. "Lower DHA was also associated with higher levels of parent-rated oppositional behavior and emotional ability," he wrote.

Meanwhile, Bita Moghaddam, PhD, of the University of Pittsburgh, and her colleagues investigated the effects of multigenerational deficiencies of omega-3's on the cognitive function and behavior of adolescents. Because such a study would be difficult to conduct in several generations of people, she used multiple generations of laboratory rats, but focused specifically on the behavior of adolescent animals.

Multiple generations of "deficient animals would best mimic the current state of human adolescent omega-3....deficiency, given that dietary trends toward consumption of omega-3 deficient fats began in the 1960s and 1970s when most parents of current adolescents were born, wrote Moghaddam and her colleagues.

She reported that deficiencies of omega-3 interfered with cognitive function and reduced motivation in ways different from in adult animals. Moghaddam suggested that DHA deficiencies may disrupt normal dopamine activity in the brain.

Finally, John Columbo, PhD, of the University of Kansas, Lawrence, and his colleagues studied 81 children who, as infants, were fed formulas containing DHA or formula without DHA. Both types of formulas were provided to parents in double blind fashion so they didn't know which their child was consuming.

Starting at age 18 months, the children were tested every six months using age appropriate standardized cognitive tests.

The DHA did not influence test performance at 18 months, but positive effects were seen at ages three to five years. Children who had consumed DHA as infants scored better on rule-learning, inhibition tasks, vocabulary, and preschool intelligence.

Colombo wrote that the effects of DHA "may not always be evident on standardized developmental tasks at 18 months...(but) significant effects may emerge later on more specific or fine-grained tasks."



- **Gut Bacteria May Influence Cancer Risk.....**Researchers from the New York University School of Medicine compared intestinal microbes from 47 patients with colorectal cancer and 94 healthy subjects. People with colorectal cancer had less diversity in their gut bacteria. They also had smaller numbers of *Clostridia* bacteria, some of which help ferment dietary fiber to butyrate, a compound that might block inflammation and cancer in the colon.



- **Statins Appear To Raise Cataract Risk.....**Researchers from the Sun Antonio Military Medical Center, Texas, compared 6,972 people who had taken statin cholesterol-lowering drugs with the same number of people who had not taken the drugs. They found that people taking statins were 27% more likely to develop cataracts, a finding that remained consistent even after accounting for other possible causes.

Fact or Fiction on Fluoride.....continued from Page 1

Does anyone know why they started adding fluoride to our water??? Several large industries had a toxic waste by product, sodium fluoride, that had to be disposed of in the late 1960's. However, the EPA no longer allowed them to dump it in the nearest rivers and lakes.

Soooo.... Someone found an obscure study that showed minute amounts of fluoride in the spring water near a small town in west Texas, decreased dental cavities. Therefore, they decided that large amounts of a toxic waste must somehow make us healthy!!!! Really????? The American Dental Association supported this push and we believed this garbage for the last 40 years.

Let's not believe everything we read and dig a little deeper for the truth!

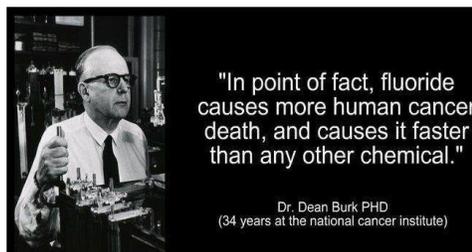
Dr. Kelling

Another Myth Disproved....Experts Say Lower The Dose of Fluoride In Water

Fifty years after the scam first started, and after hundreds of thousands or millions of kids and adults have suffered through dental fluorosis and hypothyroid thanks to water fluoridation at high levels....and after being hounded for decades by real experts about the toxicity of fluoride in water, the government is now recommending the lowering of fluoride levels in water.

Fluoride is a toxic chemical that has questionable benefit when it comes to preventing cavities. It does cause fluorosis of the teeth (a mottling with white streaks) and probably causes the same in your bones. It also increases the rate of hypothyroid—another scourge of Americans.

Lowering the dose is once again too little too late. Fluoride is found in soil and water in its natural form. Sodium fluoride is an industry waste product that is toxic. The toxic form is the one added to your water so that industry not only eliminates a toxic waste problem but also makes money on the sale of a toxin as a cavity preventer. This is all a scam to make money.



Interview with: Bill Walton

The legendary NBA center and world's tallest Deadhead on his custom bike, overcoming his speech impediment, and his deep California love.

What is the best advice you've ever received? *John Wooden, my coach at UCLA, told me that to be part of something special is a privilege, one that's earned every day, and it's not how good you are, it's how good your teammates are. When you're a fan of a superb basketball team, or when you're a fan of the Grateful Dead, you like that you're part of the deal. You feel that just by being there, you had something to do with the outcome of the show. It's a gigantic family. You had a speech impediment when you were a kid. How hard was that to overcome and become a broadcaster? I still have a speech impediment. I will forever be a stutterer. Nothing changed my life more than learning how to speak. I never spoke as a child because I thought that only the lucky people could talk. I wasn't taught until I was 28, and it's my greatest accomplishment. Come on, I'm 6 foot 11; I had red hair, big freckles, the most goofy, nerdy looking face; I can't talk; and I'm a Deadhead. How many other broadcasters are out there with those qualifications? What separates good from great? Intelligence and emotional commitment, a willingness to put everything on the line. It drives me crazy when somebody says, "Well, this guy wanted it more than the other guy." Everybody wants it! It's like when somebody tells you to work hard....No kidding!*

Bill Walton takes a closer look at his legendary life and career in his memoir, *Back From the Dead*, out this month.

Water chronicles: Of Amanda.....LMT of Northland Therapeutics

One might think that we all practice what we preach. Some doctors smoke, some dentists eat candy, I don't drink water like I tell everyone to do when they leave my office. I've decided to chronicle my intake of water as I start drinking what I should.

Water purifies the colon, making it easier to absorb nutrients. It increases production of new blood cells. It makes up 83% of your blood. It cushions the joints, carries nutrients and oxygen to your cells, regulates body temperature, balances the lymph which fights infection, relieves fatigue, moistens oxygen making it easier to breathe, increases the production of new muscle cells. Water makes up 75% of your muscles. It reduces the risk of cancer, boosts metabolism, helps keep your brain healthy, and ferries waste and toxins out of the body.

I think that's enough reasons to drink water.

Just sip through out the day either 8-8 ounce glasses a day or go by your weight. Some say you're supposed to drink half your weight in ounces of water a day. That's what I decided to do a month ago.

All the differences I've noticed so far are more subtle. Except the need to pee! For the first time ever I had to excuse myself from a massage to go to the restroom! You find a balance and stop having to drink

with intent after a while. Then the only thing you notice is when you DON'T drink enough water. That dry, hang over kind of feeling. I also decided to take it a step further and reduce the amount of plastic I use. (Because not only does water taste different after it's been in a disposable water bottle, but you quickly realize the amount of plastic you are throwing away/recycling) I purchased a Brita water pitcher and organic lemons and, wow! Water tastes good! What a concept! No matter how you go about drinking enough water, whether you count the ounces, or it just comes naturally, do it.

There are too many reasons not to!



KEEP
CALM
AND
DRINK
WATER

Always Trust Your Gut

Your Brain Can Be Fooled

And Your Heart Is An Idiot

But...

Your Gut Doesn't Know How To Lie

Every Man Is Born An Original,

But Sadly Most Men Die Copies

Abraham Lincoln

"My friends, take note of this: Everyone should be quick to listen, slow to speak, and slow to be angered."

James-1:19

"It is curious that physical courage should be so common in the world, and moral courage so rare."

Mark Twain

It's That Time Of Year...You Know... Lawn mowing, planting flowers, golf...it's also time to call for a massage.....816.628.6141 Dawn or

816.522.4713

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BEYOND KALE: *Collard Greens Salad with Pecans, Cheddar, and Sweet Onion*

Vinaigrette

Serves 4

Dressing 2 *tblsp.* minced onion
2 *tblsp.* white wine vinegar
Pinch each of salt and pepper
1 *tblsp.* honey
1 *tblsp.* mayonnaise
3 *tblsp.* canola oil

Marinate onion in vinegar for 10 minutes.
Put all ingredients in a jar; cap tightly, and shake until mixed.

Salad 1/2 *lb.* tender collard greens, stems removed, leaves finely shredded

Pinch each of salt and pepper
3/4 *cups* chopped and toasted pecans
1/2 *cup* finely grated aged cheddar

Add dressing to collards to taste (about 3 *tblsp.* the rest will keep) along with salt and pepper massage the dressing into the leaves with your hands. Stir in pecans and cheddar and serve.

Kale is full of vitamins and antioxidants, and it tastes pretty good, too. But kale is only one of many leafy greens, and it would be a shame to let just one variety overshadow its equally delicious cousin...the collards which is closest in flavor and texture, however chewier and just a tad more bitter.