

Kelling Chiropractic Center

310 Platte Clay Way

Kearney, Mo 64060

816-628-6141

Newsletter

August, 2017

Tech-Neck...It's Affecting Everyone-Young and Old

There has been a steady rise in tech-neck syndrome the last decade. From six year-olds to seventy-six year-olds. The increase in patients with this condition is reaching epidemic proportions. So, what are the symptoms? Everything from tight and swollen neck muscles to just general stiffness across the shoulders. Also, tension headaches that will progress into migraines in some patients with occasional numbness and tingling in the arms and hands.

Just how much load does that constant downward-looking gaze put on the neck muscles? When your spine is in neutral position, the head weighs about 10-12 pounds. At 45 degrees, it sees 49 pounds. That's a lot of weight and stress on muscles and nerves that are meant to handle 10-12 pounds of stress, and that much load can do a lot of damage over time. Not only that, you get wear and tear on the spine, even developing tears within the disc, or even get a slipped or herniated disc.

To put this in perspective, imagine holding a 10 pound weight in your hand. Now hold that for an hour, which is not a far stretch for how long we look at devices. Now exchange the weight for a 60 pound dumbbell. Most people would only last for a few minutes, yet we demand our neck muscles to do this for hours on a daily basis.

Most people display subtle signs of tech-neck like soreness or stiffness at the end of the day, before it really becomes an issue. These subtle signs are the ones that often get dismissed or ignored until they become bigger issues. If you have neck pain or soreness and it doesn't return, this is not an issue or sign of tech-neck, but if you experience a sore neck, headache or get numbness and tingling every day or every week, these are all possible signs of tech-neck that should not be ignored.

There are several preventative measures you can implement to reduce the stress on your neck:

- Avoid keeping the device at chest or waist level. This causes the shoulders to round and muscles to tighten.
- Use holders or devices to keep your device at eye level. Make sure your work station is ergonomic and make sure your computer screen keeps your view at eye level.
- Take breaks when the day is intense with devices. Set a time and get away from the keyboard and screen every 45-50 minutes.

All of this is great for prevention, but most of us have some degree of tech-neck. To reverse the signs and symptoms, a few chiropractic treatments combined with massage therapy sessions will get you back to normal.

Parents, if your children are complaining of or are experiencing neck and back pain, it is not normal-unless there's been trauma. Observe their posture. Are they starting to slump forward? Now is the time to address these issues. Don't ignore the signs that could affect your children the rest of their life. Call today for an appointment.

Dr. Kelling

I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

John 15:5



Eating According to your Blood Type

This kind of diet became popular with the release of Peter D'Adamo's book *Eat Right 4 Your Type*.

The book continues to be a bestseller and D'Adamo claims that the diet will not only bring about weight loss but can assist with allergy and infection resistance and will promote overall good health.

In a nutshell, this diet revolves around eating foods that D'Adamo believes work chemically with a dieter's particular blood type. He believes that by eating foods your "body was designed to eat", it can heal itself and become healthy. We will briefly summarize this diet in this newsletter.

Blood Type O: For the majority of people, the prescribed diet is low-carbohydrate, high in proteins (such as meat and fish), and low in dairy products. Type O should also engage in lots of exercise. A high-protein diet heavy on lean meat, poultry, fish, and vegetables, and light on grains, beans, and dairy.

Blood Type A: A meat-free diet based on fruits and vegetables, beans and legumes, and whole grains -- ideally, organic and fresh, because D'Adamo says people with type A blood have a sensitive immune system.

Blood Type B: Avoid corn, wheat, buckwheat, lentils, tomatoes, peanuts, and sesame seeds. Chicken is also problematic, D'Adamo says. He encourages eating green vegetables, eggs, certain meats, and low-fat dairy.

Blood Type AB: Foods to focus on include tofu, seafood, dairy, and green vegetables. He says people with type AB blood tend to have low stomach acid. Avoid caffeine, alcohol, and smoked or cured meats.

Because the diet dictates that you eat very specific types of food based on your blood type, it doesn't allow much for personal tastes. For example, if you're a big fan of meat and potatoes, you won't be very happy on the type A diet, which is mostly vegetarian.

If the Blood Type Diet intrigues you, consider this: The science is stacked behind traditional recommendations for healthy eating for weight loss -- not restrictions based on the type of your blood.



Oil Of Oregano Uses and Benefits

The health benefits of Oregano Essential Oil can be attributed to its properties as an antiviral, antibacterial, antifungal, antiparasitic, antioxidant, anti-inflammatory, digestive, and anti-allergenic substance.

The disinfectant and antibacterial properties of oregano essential oil were first recognized in ancient Greece where they were often used for treating bacterial infections on the skin or in wounds, and it was also employed to protect food from bacteria. Oregano is a plant native to higher altitudes and normally grows in the mountains, which is how it got the name “Oregano”, which means “Delight of the Mountains”.

It is traditionally used in one of three ways, either aromatically, which is the most popular since the advent of aromatherapy’s widespread use in recent decades. You can also apply it topically onto the skin, or through a carrier oil like coconut oil. Finally, you can ingest it in very small quantities as a dietary supplement, usually when diluted in honey or some other non-dairy beverage.

Health Benefits

Respiratory Conditions: Oregano essential oil can act as an expectorant, which will loosen up or help eliminate the uncomfortable buildups of mucus and phlegm in the respiratory tracts and sinuses, but it is also a soothing balm for inflamed lungs and the throat, which often stimulate coughing fits. Therefore, oregano essential both prevents and treats symptoms of respiratory ailments.

Anti-inflammatory: This oil is good in soothing many types of inflammation, internal or external, caused by a variety of reasons. When this oil is applied topically, it can reduce redness and irritation to the applied area, and it can relieve topical pain that might be associated with arthritis or injury. When consumed, it has much of the same effect, although it is spread throughout the body, so will not necessarily relieve pain and discomfort as quickly.

Antibacterial: Just as it protects you against viral infections, oregano oil protects you against bacterial infections as well. This gives you an added level of protection against most bacterial diseases, such as infections in the colon and urinary tract, as well as typhoid, cholera, sores, skin infections and temporary problems like food poisoning. Also, the antibacterial effects of oregano don’t have an inhibitory affect on the healthy, necessary flora in your intestines and stomach, so you don’t suffer from the ill effects of being undefended!

Antifungal: Viruses, bacteria, fungi and protozoa are the four agents which are responsible for communicable and infectious diseases. Out of these, fungi are responsible for some of the most dreaded and fatal infections, both internal and external. They can cause ugly, painful, and even deadly infections in the ear, nose and throat, which, if not treated early, may reach the brain and prove fatal. Many skin infections are also caused by these fungi. Oregano Oil, if used regularly, either internally or externally, can effectively protect the body against many of these fungal infections.

Antiviral: Oregano essential oil provides protection against viral infections. This means that it strengthens your immunity against colds, mumps, measles, pox and other problems created by viruses. This boost to the immune system also helps to defend against deadly viral infections and even certain autoimmune disorders. Oregano essential oil stimulates the production and function of white blood cells, the body’s main line of defense.

Antiparasitic: Many types of parasites, such as round worms, tape worms, lice, bed bugs, mosquitoes, and [fleas](#), can live inside or outside the human body. These parasites use the human body as a source of food, and as a vessel or carrier of communicable diseases. Oregano Essential Oil, when ingested, can eliminate intestinal worms, and when it is applied externally, it effectively keeps away lice, bed bugs, mosquitoes, and fleas, so it is not uncommon to find oregano essential oil as a component of organic bug sprays and repellents.

Cont’d on page 2

Other Benefits

Antioxidant: This property turns out to be one of the most celebrated attributes of oregano essential oil, because it may protect you from the damages done to the body by free radicals (oxidants), and neutralizes the free radicals, while repairing the damage already done. This slows down the aging process and may protect against certain cancers. More specifically, oregano essential oil contains phenols, a powerful form of antioxidant that literally scours the body and eliminates those free radicals that cause disease.

Digestive: Oregano essential oil promotes digestion by increasing the secretion of digestive juices, and it also increases nutrient digestibility and enzymes which aid in absorbing food. This can improve your general level of health by maximizing the nutrients you get from food!

Oregano essential oil has been shown to help heal Psoriasis, Eczema, Athlete's foot, flu and other infectious ailments. Furthermore, it can be used to treat bacterial infections like E. Coli, Giardiasis and food poisoning. It relieves congestion, and certain studies reveal that it is as powerful a painkiller as the most respected options on the market, with the added benefit that it works without the strong side effects.

Word of Caution

Oregano essential oil can cause irritation of the skin and mucus membrane if taken in high concentrations or dosages. Pregnant women should avoid using it, and it is a good idea to consult with your doctor before adding it in any significant way to your diet. Check with your doctor about allergies. People who are allergic to basil, lavender, marjoram, mint, or sage are also commonly allergic to oregano and its essential oil.

Garlic Parmesan Yellow Squash Chips

Ingredients

4 yellow squash (small to medium), sliced into 1/4-inch to 1/2-inch rounds
3 tablespoons olive oil
salt and fresh ground pepper to taste
1 cup panko crumbs
1 cup grated Parmesan cheese
1 teaspoon dried oregano
1 teaspoon garlic powder
cooking spray (Organic Olive Oil by Pam)



Instructions

Preheat oven to 450. Line 3 baking sheets with parchment paper and set aside. In a large mixing bowl, combine squash, olive oil, salt and pepper; mix until well combined. In a separate bowl, combine panko crumbs, Parmesan cheese, oregano, and garlic powder. Dip slices of squash in cheese mixture and coat on both sides, pressing on the coating to stick. Place the squash in a single layer on the previously prepared baking sheet. Lightly spray each slice with cooking spray. This will help with achieving a crunchier texture. Bake for 10 minutes. Remove from oven and gently flip over all the slices, lightly spray with cooking oil and bake for 8 more minutes, or until chips are golden brown.

We are Now Offering Thai Massage Therapy

Also known as yoga massage, assisted yoga, ancient massage, and assorted other names, Thai massage respects the body's limits, while encouraging clients to reach their edge of flexibility, but never beyond. Thai massage incorporates acupressure, massage, and passive-assisted stretching, where therapists help clients move into their stretch. The work is purposely slow as the therapist guides clients through the movements, being ever mindful of their physical limitations. Some say the combination of movements and focused awareness during a Thai massage session creates what looks like a slow, flowing dance between practitioner and client.

Thai massage is based on an energetic paradigm of the human body and mind. In this tradition, energy is thought to travel on pathways, called sen, throughout the body. The specific points of energy along those pathways are called nadis. Through movement and massage components, the goal in Thai massage is to ensure energy is flowing freely along these pathways as a means for wellness.

Unlike traditional massage, Thai massage is performed on a soft floor mat. It can be adapted to a massage table, however, for the more frail and elderly. Clients are clothed in loose, comfortable attire suitable for the deep stretching that will be part of the session. This interactive form of bodywork can utilize tai chi, rocking and rhythmic motion, massage, and assisted stretching. Don't be surprised if practitioners use their hands, feet, knees, elbow, and legs to facilitate process; pillows and bolsters may also be used for better client support. No oil is used during these sessions, however heated, herbal compresses are often incorporated to enhance movement and warm the muscles.

For more information on Thai massage, please be sure to grab your copy of our **Massage Therapy Newsletter**.

Dr. K's Tea Time

*You never conquer a mountain.
Mountains cannot be conquered;
you conquer yourself-your hopes,
your fears.*

Jim Whitaker

*There is nothing either
good or bad but thinking
makes it so.*

William Shakespeare

*The truth is a beautiful and
terrible thing, and should
therefore be treated with
caution.*

J.K. Rowling

Homemade Deodorant

1/4 c. Baking soda

1/4 c. Arrowroot starch

5 Tbsp. Coconut Oil

Mix all ingredients together to form a paste-like consistency. Store in an airtight container and use as needed.



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

Gail—Therapy Tammy— Therapy

Lisa-Insurance/Billing Krystle-Front Desk

**Dawn, Hilary and Cheryl
 Massage Therapists**



**Call now to schedule your
 Reflexology appointment:**

30 minutes \$30

60 minutes \$60



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