

## *Kelling Chiropractic Center*

*310 S Platte Clay Way Suite A*

*Kearney, MO 64060*

*816-628-6141*

*Newsletter*

*December, 2017*

### **The Most Common Shoulder Problem-Bicep Tendonitis**

We've all had shoulder pain at one time or another. If you have not, just wait...you will. Occasionally, it will go away. Most of the time, it will linger and become a chronic, annoying ache we just tolerate. Eventually, it will require surgery if you do nothing!

If you are proactive and address the problem early on, it can be corrected in a couple of weeks of consistent treatment. We treat the shoulder with chiropractic, kinesiology taping and cold laser. Within a couple weeks of treatment, you should be able to exercise and rehabilitate at home.

However, if the problem becomes chronic, then adhesions and scar tissue will form. This will require more aggressive treatment. Usually, deep tissue massage therapy will be needed along with other care. Our therapists are trained in a cupping technique that has been very effective in breaking up old scar tissue.

We offer many options for shoulder problems and if you are experiencing any pain, please discuss. It never hurts to ask. Don't become a surgical statistic. And remember, we won't take on a patient that we cannot help.

*Dr. Kelling*



*Wishing all of you  
A very Merry Christmas  
And a Happy  
New Year!*

*For unto you is born this day in the city of David a Savior, which is Christ the Lord.*

*Luke 2:11*

# Top 10 Artery-Cleansing Superfoods

Arteries are blood vessels that deliver oxygen-rich blood from the heart to different tissues throughout the body. Each artery is a muscular tube consisting of three layers: The intima (the inner layer), the media (a layer of muscle that handles the high pressure from the heart) and the adventitia (the connective tissue that links arteries to nearby tissues).

The largest artery is the aorta. It has a network of smaller arteries, known as arterioles and capillaries, which extend throughout the body. Healthy arteries have smooth inner walls and blood flows through them easily. However, **when plaque builds up on the inner walls, the arteries become clogged and inhibit blood flow.** Plaque is made of different substances that circulate in the blood like fat, cholesterol, calcium, cellular waste, and fibrin.

Clogged or blocked arteries can lead to different health problems like coronary artery disease, carotid artery disease, peripheral artery disease, myocardial infarction (heart attack), and cerebrovascular accident (stroke). Keeping your arteries healthy and free of blockage is very important. You can do this by following a healthy lifestyle and eating healthy foods. Many foods are particularly beneficial for maintaining clean, unclogged arteries and improving your heart health.

**1. Garlic** It improves the health of your arteries by reducing the level of LDL cholesterol. The study also concluded that garlic benefits cardiovascular health as people get older. Eat 1 to 4 cloves of raw garlic each day. You can also include garlic in soups, stews, casseroles and salad dressings. You can even try a garlic supplement, if you do not like the taste of garlic. Always consult your doctor for advice regarding dietary supplements.

**2. Pomegranate** This exotic fruit also helps cleanse your arteries. According to a 2005 study published in the Proceedings of the National Academy of Sciences, scientists believe that the high antioxidants (particularly vitamin C and polyphenols) in pomegranate stimulate the production of nitric oxide, which in turn helps keep blood flowing and arteries open. This fruit can even reduce existing plaque formations in the arteries. You can drink freshly extracted pomegranate juice, or make fruit salads and smoothies to include pomegranates in your diet.

**3. Salmon** Salmon is a heart-healthy fish and can play a key role in keeping your arteries free from plaque buildup. It is rich in healthy omega-3 fatty acids – docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) –that help increase HDL cholesterol levels, reduce triglyceride levels and decrease inflammation of the blood vessels and formation of blood clots in the arteries. These fatty acids can even lower blood pressure. The American Heart Association recommends eating 2 to 3 servings of salmon each week. One serving of salmon equals 2 to 3 ounces. Opt for baked and grilled salmon dishes for overall cardiovascular health.

**4. Turmeric** The spice turmeric is a powerful anti-inflammatory agent that can help keep arteries free from any kind of blockage. It contains curcumin, which lowers inflammation, a major cause behind hardening of the arteries. According to a 2009 study by French researchers, curcumin may help reduce fatty deposits in arteries by almost 26 percent. It has vitamin B6 that is important in maintaining optimal homocysteine levels, which in excess causes plaque buildup and blood vessel damage. Moreover, turmeric helps reduce cholesterol oxidation and LDL levels.

**5. Olive Oil** Olive oil, especially extra-virgin olive oil, is good for heart health. It is rich in antioxidants called polyphenols, as well as monounsaturated fats. The unique combination of antioxidants and healthy fats help reduce LDL and improve your level of HDL. This in turn helps reduce plaque buildup in your arteries. Use extra-virgin olive oil for cooking and to make healthy salad dressings. You can even use olive oil instead of butter in many food preparations.

**6. Avocados** Studies show that avocados can help reduce LDL cholesterol. A high LDL cholesterol level leads to plaque buildup along the artery walls. Moreover, avocados can increase the HDL level in the body. In addition, avocados have vitamin E that prevents cholesterol oxidization along with potassium that helps lower blood pressure. You can eat 1 avocado daily. You can also use it as a healthy substitute for butter or cream on bread and toast. Avocados also go well in soups, sandwiches, salads and as a side dish.

**7. Watermelon** A fruit that is good for your arteries is watermelon. A 2011 study by University of Kentucky researchers found that watermelon helps reduce atherosclerosis in animals. In addition, the amino acid L-citrulline found in watermelon helps lower blood pressure. It helps widen the blood vessels by stimulating nitric oxide production. Moreover, watermelon helps modify blood lipids and lowers belly fat accumulation, which in turn reduces the risks associated with coronary artery plaque accumulation and heart disease. Eat 1 cup of fresh watermelon or drink a glass of watermelon juice each day to keep your arteries free from plaque and enjoy good cardiovascular health.

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**8. Almonds** Almonds are very good for your heart when you eat them in moderation. A study published in 2002 in the American Heart Association Journal found that almonds can lower LDL cholesterol by as much as 15 percent. These nuts have polyunsaturated and monounsaturated fats that help reduce LDL and raise HDL levels. This in turn reduces the chance of plaque buildup in the arteries. Moreover, the magnesium in almonds also prevents plaque formation and keeps blood pressure steady. The American Heart Association recommends 3 to 5 servings of almonds each week. One serving is equal to a handful of almonds. Try to have soaked or roasted almonds only for overall health.

**9. Broccoli** Researchers at Imperial College London say that eating at least 1 cup of broccoli daily can prevent clogging of arteries. This vegetable is rich in sulforaphane that helps the body use protein to prevent plaque formation in the arteries. Also, due to its high vitamin K content, broccoli prevents calcium from damaging the arteries. Moreover, it is rich in fiber, and studies have shown that a high-fiber diet can help lower blood pressure and cholesterol levels. Eat 2 to 3 servings of broccoli each week. A serving of broccoli is ½ cup of raw broccoli. Opt for grilled, roasted or steamed broccoli to enjoy its heart-healthy benefits.

**10. Asparagus** Asparagus, a healthy green vegetable, also works as a great artery-cleansing food. It helps boost your body's production of glutathione, an antioxidant that helps fight inflammation and prevent damaging oxidation that can lead to clogged or blocked arteries. Moreover, it contains alpha-linoleic acid and folic acid, both of which prevent hardening of the arteries. You can prepare asparagus by steaming, roasting, grilling and stir-frying it. You can also use this green vegetable in salads or soups.

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## Tips for Beating Holiday Stress

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. **Acknowledge your feelings.** If someone close to you has recently passed or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
4. **Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend.
6. **Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
8. **Don't abandon healthy habits.** Don't let the holidays become a free-for-all.

Try these suggestions:

- Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks.
- Get plenty of sleep.
- Incorporate regular physical activity into each day.

## The Focus is on Raw, Vegan for MU's Porter

A recent article in the Kansas City Star focused on Michael Porter Jr.'s and Jontay Porter's family's lifestyle as vegans led by his Mother, Lisa Porter.

The Porter family had eaten vegetarian for more than a decade and now as Michael Jr. and Jontay prepare to play basketball for Mizzou, the family is transitioning to a raw vegan diet in hopes of maximizing physical abilities. Lisa was worried about making mistakes as she is fully aware of the level at which her sons will be playing.

Michael had been advised to eat more meat, drink creatine and consume non-plant based protein powders by outside sources. His mother still believed she knew what was best for her boys but

wanted an outside voice to convince her eldest son of this. This is when she consulted with Doug Graham, a chiropractor that splits his time between the Jersey Shore and a rural town about 90 minutes south of London. He believes in "causing health rather than preventing illness." Graham lived with the family for about a week, teaching them the value of a raw vegan lifestyle.

During his stay with the Porter family, Graham explained how cooking food can produce "detriments" to the body. According to Graham, going to a raw vegan diet also helps grow the ratio of carbohydrates to fats. Graham promotes eating fruits and vegetables, stating that you can make anything out of fruits and vegetables if you wish.

When the Porter family was young, they were vegans and their kids mostly were too but with more children, Lisa stated that following a vegan diet became too difficult. The children were eating real cheese and started not to like the "fake stuff". Lisa said that she had let too much cooked food back into their diet and the dairy they consumed served as a natural inflammatory. Michael stated that eliminating dairy from his diet has allowed him quicker recovery from his workouts.

Lisa Porter described Graham's work as revolutionary as he presented new ways for her children to eat healthier foods

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## Welcome Dr. Newberry and Courtney Kennedy

### Dr. Newberry

As announced in our newsletter of November, 2017, Dr. Clayton Newberry has joined our practice here at Kelling Chiropractic Center.

Dr. Newberry is in the office and treating patients Monday thru Friday. His arrival has allowed us to expand our hours of operation and availability to our patients to include Tuesday and Thursday as options for treatment.



### Courtney Kennedy

Many of you have had the chance to meet our new therapist, Courtney Kennedy. Courtney joined our team in November, 2017.

Courtney is a resident of Kearney, MO for the past seventeen years. You may recognize her face as she previously worked at our Price Chopper here in town as their customer service manager for three years.



## Chiropractic is for Everyone

Most people are under the impression that chiropractic is only intended for certain age groups. Most often, young people and infants are left out of the group of people who need and can benefit from chiropractic. These little ones have spines and nervous systems just like the rest of us. When we go back to freshman biology or even the births of our own children, you can see that there is an incredible amount of stress placed on the neck during delivery. These stresses that happens at birth often causes spinal misalignments and these can cause a baby a lot of distress. Often simple corrections can help with colic, constipation, difficulty nursing and acid reflux to name a few. I also want to point out that we do not adjust infants in the same manner as adults. Babies have much smaller bones than a grown a person and gentle force allows for very easy correction. Babies also respond very quickly to chiropractic, as I have had constipated little ones that didn't even make it back to their car seats before having a blowout post adjustment!

As our children grow and learn to crawl and walk, they also have a lot of falls. Most are minor but they can have a cumulative effect that a spinal check and adjustment would be able to negate. Ensuring that minor accidents do not snowball into bigger issues or delayed development is a big reason why toddlers should be checked by a chiropractor, especially around the time of major movement milestones. A healthy spine also supports a healthy immune system and helps prevent illness! There is no spine too big or too small for chiropractic to help restore proper movement and function.

Moving forward, be sure to pay attention to young people who may benefit from chiropractic and we will do our best to keep them at their best!

*Dr. Newberry*

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## Here we are Again in this Glorious Giving Season!!

Giving is so much more than stuff wrapped in a box with shiny paper! Don't stress about getting the perfect "thing" for someone. Instead, give them a true gift from the heart.... a hug, a smile or forgiveness. Bake someone a pie, give some much needed advice, drop by and give them your attention and really listen to what they are saying. Give them the gift of being present because that's the only present anyone really needs at times.

So this holiday season, my advice is to relax and don't get caught up with "giving" the wrong things. Focus on being mindful of other's needs along with your own. Sometimes the best gift we can give is to take care of ourselves. So, book a massage here at Kelling Chiropractic!!

*Hilary Matter-LMT*

## Spreading Good Will and Cheer

God has commissioned us as Christians to love one another. *Above all, love each other deeply because love covers a multitude of sin-* 1 Peter 4:8. You may ask yourself, "How do I do that?" This world we live in is so negative, destructive and evil. How can we show love and negate the evil that exists in our world?

*For God so loved the world that he only begotten Son-* John 3:16. Now that is true love! Attempting to save the world can definitely be overwhelming, but starting with random acts of kindness can do some good. Open the door for someone, forgive that person that cut you off, pay for someone's meal, donate your time. All these "little things" can have a huge positive impact on someone in need.

So I challenge each of you to make a conscience effort to impact someone else's life in a positive manner. Maybe we can change our little corner of the world here in Kearney, Mo. May God bless and keep you.

*Cheryl Misel-LMT*

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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, Lisa-Insurance/Billing**

**Gail, Tammy and Courtney-Therapy**

**Dawn, Hilary and Cheryl –Massage  
Therapists**

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



**Healthy Chocolate Peanut Butter Fudge**

- ½ cup coconut oil, softened
  - ½ cup unsweetened cocoa powder
  - ½ cup smooth peanut butter
  - ¼ cup + 1 tbsp honey
  - ½ tsp vanilla extract
  - pinch of salt
1. Line a loaf pan with parchment paper or muffin tin with cupcake liners.
  2. In a medium-sized bowl, combine all the ingredients and stir until smooth.
  3. Add the chocolate mixture into the loaf pan or into the cupcake pan evenly. Place in the fridge for 30 minutes, or the freezer for about 10 minutes. Cut into pieces.

Store the fudge in the fridge. Enjoy!

**Massage Gift Certificates Make Great Stocking  
Stuffers!**

**30 minutes \$30    60 minutes \$60**

**90 minutes \$90**



<b>Jeff B</b>	<b>Gail E</b>	<b>Lori M</b>
<b>Hannah B</b>	<b>Scott F</b>	<b>Zel M</b>
<b>Renne B</b>	<b>Meghan F</b>	<b>Brenda M</b>
<b>Bill B</b>	<b>Teresa G</b>	<b>Pat N</b>
<b>Clark C</b>	<b>Jennifer G</b>	<b>Dylan O</b>
<b>Sandra B</b>	<b>Janet G</b>	<b>Deloris P</b>
<b>Dana B</b>	<b>Donna G</b>	<b>Grace P</b>
<b>Bill C</b>	<b>Janell G</b>	<b>Karen R</b>
<b>Kim C</b>	<b>Jodi H</b>	<b>Ralph S</b>
<b>Pam C</b>	<b>Charley H</b>	<b>Christina S</b>
<b>Athena C</b>	<b>Linda H</b>	<b>Mallory S</b>
<b>Penny C</b>	<b>Misty H</b>	<b>Jacob V</b>
<b>Jeremy C</b>	<b>Collette K</b>	<b>Charles V</b>
<b>Nicole C</b>	<b>Seth L</b>	<b>Katherine W</b>
<b>Gary C</b>	<b>Dave M</b>	<b>Kameron W</b>
<b>Amy D</b>	<b>Sarah M</b>	
<b>Brian E</b>	<b>Evan M</b>	