



Kelling Chiropractic Center

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Newsletter

March, 2018

We are All Responsible For Our Own Contentment

How many times have we all said, “Boy, that so-and-so sure made me angry!”? “My neighbor, teacher, friend, etc., really made me depressed yesterday!” In fact, nobody can make you feel anything. If they do, then you allowed it happen by giving them that power over you.

Think of how often you feel upset, hurt, left out, not appreciated, put upon, etc. It is easy to give the power of our emotional state to someone or something outside of ourselves. When we give away our emotional well-being to what others are saying or not saying or to how the day is unfolding, we are at the mercy of things beyond our control. We have allowed our own contentment to be determined by what others say or do. We have rendered ourselves helpless.

Carlos Castaneda writes, “*Think about it: What weakens us is feeling offended by the deeds and misdeeds of our fellow men. Our self-importance requires that we spend most of our life offended by someone.*” Whether we react to a perceived offense with a verbal explosion, silence and being withdrawn, confide in someone else, or save the offense until six months later when nobody remembers, an emotional disturbance is an inappropriate and wasteful use of energy. It is a stance of powerlessness that guarantees contentment will always be out of our reach.

I am reminded of the wisdom of a 116 year-old man, who, when asked the secret of his longevity replied, “When it rains, I let it.” Most of us are content and don’t even know it. So don’t let anyone steal your joy!!

Dr. Kelling

Create in me a clean heart, O God, and put a new and right spirit within me.

Psalm 51:10

To Detox or Not to Detox?

Let's start with the basics, as there is quite a bit of confusion around the topic of detoxing. A detox diet aims to help the body rid itself of toxins. Of course, the human body has many natural detox pathways via the liver, urine, sweat and feces. While it is a complex process, the liver neutralizes toxic substances, and then releases them from the body. A diet specifically for further detox claims to help the body's vital organs rest and recover, support and increase liver function, and give you a "boost" of important micronutrients.

Detox diets come in many forms, although most involve some sort of fast (water, juice or broth), and are followed by a period of clean eating. Some include smoothies, supplements, herbs, teas, enemas, and other methods of promoting detoxification. The bottom line is that a detox diet does not have to be confusing and it should not be a terrible experience. As we have previously discussed, simply cutting out processed and inflammatory foods, refined sugar, alcohol and certain other foods and beverages that are part of the standard American diet is effective for detox and sustainability.

Buying organic produce along with organic and grass-fed meat and wild fish, seriously decreases the amount of toxins you take in on a day to day basis. And it doesn't stop at food. Personal hygiene and home care products are often laden with toxic chemicals that can be harmful to our health. Simply cutting these toxins out offers huge health benefits in and of itself. Again, opt for organic in these products or use natural cleaners like vinegar, lemon and hydrogen peroxide. Coconut oil is a great furniture polish that leaves a beautiful shine and luster without the hazardous chemicals. Hydrogen peroxide and baking soda combine together for cleaning. The number one goal of a high quality detox plan should be long-term, sustainable change. By undergoing a detox diet, you will not only be supporting your body's detoxification pathways but you will be resetting the way you eat, think and the choices you make on a daily basis.

In conclusion, embarking on a whole foods based detox program can have massive health benefits. Increased energy, reduced cravings and lowered stress levels are just some of the many ways you will leave your detox diet feeling better. And remember, the mark of a truly successful detox is that you are set on the path of positive and long term change that become a lifestyle well after your detox has been completed.

Please be sure to discuss with your Doctor before you embark on your detox program.

5 HERBS FOR LIVER DETOXIFICATION

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1. DANDELION
 2. MILK THISTLE
 3. BURDOCK ROOT
 4. ARTICHOKE
 5. TURMERIC

Vitamins A, D, B12, K and E are stored in the liver, along with copper and iron. Most of these nutrients can be stored in the liver for several months and keep you going if your diet becomes inadequate. Your liver is also responsible for converting vitamin D into its active form. If your liver is unhealthy it will



Tea, Anyone?

Incorporating a cup of healthy tea into your daily regimen could bring significant benefits from boosting your immune system to detoxing your liver.

If you're considering trying a detox tea, be sure to talk with your healthcare provider to weigh the pros and cons and discuss whether it's right for you. Some ingredients may lead to gas, diarrhea, and acne, while others can slow blood-clotting and should not be used within two weeks of surgery or by people with bleeding disorders or those taking anticoagulant or antiplatelet drugs. Just because it is tea, does not mean it comes without side effects.

Let's examine some of the most common ingredients in tea that detoxify. **Milk thistle:** This herb has been used as a "liver tonic" for centuries. Milk thistle is one of the most common herbs used for liver disease, ac-

ording to results from the 2012 National Health Interview Survey. **Dandelion:** Some research suggests that dandelion may have the ability to stimulate the flow of bile, a substance that helps transport toxins away from the liver to be excreted by the body. **Ginger:** Ginger is another "oldie but goodie" remedy that's been used as traditional herbal medicine for hundreds of years. Ginger tea is also chock full of antioxidants that can even reverse signs of aging like wrinkles, dry skin, fine lines, and of course, the antioxidants will also help flush out all the unwanted toxins in your body. **Licorice:** Licorice is not only a type of treat that you can eat in the movie theatre, it's also a type of root that is used as tea and is rich in health benefits. Licorice tea has a reputation of boosting the immune system and even fighting off illnesses that are caused by bacteria or viruses. It's commonly used to naturally treat coughs, colds, and even bronchitis because of its virus fighting properties.

Basic green and black teas are both rich in antioxidants and as we've discussed before, matcha tea is even more powerful. These teas can be a quick, easy way to flood your body with the antioxidants to help boost your natural process of detoxification.

OVEN ROASTED BROCCOLI

INGREDIENTS:

- 1 BUNCH BROCCOLI, CUT INTO FLORETS
- 2 TABLESPOONS OLIVE OIL
- 1/2 TSP SEA SALT

DIRECTIONS: PREHEAT THE OVEN TO 400 DEGREES.

TOSS THE BROCCOLI WITH THE OLIVE OIL AND SALT IN A LARGE BOWL. LINE A BAKING SHEET WITH PARCHMENT PAPER AND SPREAD THE BROCCOLI OUT IN A SINGLE LAYER ON THE SHEET. TRANSFER TO THE OVEN AND BAKE UNTIL TENDER AND SLIGHTLY BROWNED, ABOUT 12-15 MINUTES. REMOVE FROM THE OVEN AND SERVE.



Apple Cider Vinegar vs White Vinegar

People all around the world have used vinegar in many different ways for thousands of years. In 500 BC, the Babylonians were using the fruit of the date plant to make wine and vinegar to be used as a preservative or pickling agent. The term 'vinegar' was derived from the French 'vin aigre', which literally means 'sour wine.'

In ancient Greece, around 400 BC, Hippocrates prescribed apple cider vinegar mixed with honey for a variety of ailments, including coughs and colds. Vinegar has been the mainstay of many folk recipes, which have been handed down for generation after generation.

Today, we use vinegar for a various asunder of purposes, from salad dressings to cleaning, or to aid in weight loss.

Let's examine the difference between white distilled vinegar and apple cider vinegar. White vinegar is actually clear vinegar. It is produced using the same means as other vinegars, but is often derived from vinegars themselves. Rice vinegar, popular in Asian countries, is perhaps the only white vinegar almost exclusively utilized in cooking. Because of its higher acidity level than others of its kind (distilling malt vinegar with water, for instance, yields around 5-8% acetic acid content), white vinegar is more often used for cleaning purposes. It can be used to clean windows, remove stains in the laundry, remove grease stains from your stove top, polish your chrome and stainless steel fixtures. It's an awesome, non toxic household cleaner.



Apple cider vinegar (commonly referred to as ACV), on the other hand, is made through the fermentation process of apple cider. In the same manner as all vinegar is produced, apple cider vinegar is first fermented into alcohol. Next, it is further processed to increase its acetic acid content, thus turning it into vinegar. Another difference between white vinegar and apple cider vinegar is that the latter has a yellow-brown light coloration. It is commonly distributed unfiltered and without going through pasteurization. Apple cider vinegar is often distributed with the 'mother of vinegar' residue at the bottom of the container. Apple cider vinegar is popular among the health conscious due to its supposed health benefits superior to those of other vinegars. While both white vinegar and apple cider vinegar have potential medicinal uses, many contend that apple cider vinegar is more potent, particularly in the areas of controlling blood sugar levels and weight loss, as a remedy to some skin conditions and allergies, as well as boosting the immune system. It is also thought to have positive effects on reducing high levels of bad cholesterol and lowering blood pressure.

Naturally Boosting your Metabolism

We see a lot of advertisements for over the counter fat burners or metabolism boosting products, some of which are better than others. The truth is most people can speed up their metabolism naturally and without using any of these products. The main way people try to naturally boost their metabolism is by doing some form of a cardio workout or trying to raise your heart rate and sustain it through a workout. Focusing on your heart rate is definitely key to altering your metabolism but research has shown that varying your heart rate is more effective than sustaining an elevated heart rate.

The term commonly used for this workout is high intensity interval training or **HIIT** for short. The idea can be applied to many different exercise but as an example, I will use running. Start with an all out sprint for the first 30 seconds, then slow down to a light jog for 15 seconds. Repeat 3-4 times and your **HIIT** workout is done. You can alter the time segments used and plug in the exercise of your choice as long as you keep the 2 to 1 ratio. How it works is during the higher levels of exertion, your body cannot get oxygen into the muscles quick enough which creates a debt that has to be paid after the workout. This results in an accelerated metabolism for several hours after your workout. The high intensity allows calories to continue to burn long after the workout and due to the nature of these workouts, they do not take as much time as normal workout. There are lots of great interval and exercises out there and using these **HIIT** workouts 2-3 times a week can help prevent plateaus and allow you to continue to meet and improve on your health and fitness goals.

Dr. Newberry

Happy Spring everyone! As many of you know, I have been out of the office with a shoulder injury. Today I would like to explain the benefits of the ionic footbath which is one of the many things that I used to help in my recovery process. There are so many health benefits to these foot baths. They remove toxins (through the natural elimination process) in the body and help the body to recovery from injuries by healing at a cellular level. The device that I use is the Total Charge, but Dr. Kelling has one in the office that is just as effective.

As I was doing research for this article, I came across a lot of negative claims. I just know how I feel when I use my foot bath regularly. I have more energy, I am sick a lot less and when I do catch a cold, I seem to recover in half the time. My joints ache less and my kidneys seem to function better. I also seem to have better mental clarity. Now I am not saying that this would be true for you, as we are all energetic people and we all have different vibrational patterns. I am just telling you my experience with the machine. I love it.

When I first bought my machine in 2015, the explanation given as to how it works is this: "The Bio charge produced by the Aqua Chi Foot Bath (also called a detox foot bath) resonates throughout the water at a frequency uniquely specific to each individual taking a treatment. Many of the benefits of the foot spa can be attributed to the re-balancing of the energy meridians and the raising of the bioelectrical potential of the body at the cellular level. This device charges the magnetic fields of the water and the magnetic fields actually amplify your own bioelectric signal coming off of you or whatever organism it's in contact with. We are water. We are made of water, and we are in a water world. What this device does is it takes the water and returns it back to the state of water it was thousands of years ago when the earth's magnetic field was strong and the water was very powerful for life. It restores the water in our body as close as we can get to how it existed on the earth 2000 years ago when the energy fields were much stronger. It energizes the body. It enhances life energy. We live in a very low energy society (bad food; GMO's in food; we don't connect with nature anymore, stress electronic devices) all deplete our energy and low energy is a recipe for disaster." There have been many claims on the web that the color of the water matters. This is not true. Basically, it is a reaction of the water, salt and the metal in the array that you put in the water that changes the color of the water.

I hope this helps answers any questions. Please be sure that you utilize the foot bath available here at Kelling Chiropractic for better health.

Have a Blessed day!

Cheryl Misel NCBTMB, NBCR, 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.



We offer footbaths!!

For detoxification, ease of joint pain and boosting the immune system, creating increased energy levels.

If you would like to reap the benefits of a footbath, please call our office to schedule your appointment.

The process lasts about 40 minutes and the benefits will be felt for days to come.

Fee is \$35 and is not covered by insurance.



Isaac A Stan E Heather S

Ivy A Christy E Karlie S

Jodi B Carrie G Lissi S

Jordan B Carmen G Francine V

Connie B Al H Bonnie Y

Janiece B Tona K

Harold C Anita M

Gloria C Gabriel M

Linda C Lorena M

Carissa D Steve N

Rebecca D Danielle O

Anita D Rebecca P

Karen D Cliff R

Lyndall D Andee J. R

Jeron D John S



Gastrex provides the necessary nutrients to support digestion and help cleanse the gastrointestinal tract. The formula also may help support the protection and repair of stomach tissue. The okra contained in **Gastrex** provides mucilage to help keep the intestinal tract healthy. Mucilage coats various tissues, providing lubrication and tissue support.

