



### **Are you Confused by All the Different Diets?**

Have you noticed all the different diets everyone is talking about? I'm not referring to diets designed for weight loss. There are several reasons to change your lifestyle and eating habits that go beyond weight loss.

There are diets that will help you lower your cholesterol and blood pressure as well as reduce your risk of heart disease. Try eating differently and taking a few supplements before you start taking a statin drug and deal with all the negative side effects.

How about trying to lower your risk of diabetes? Many of us are borderline diabetic but won't make any changes until it's too late. Once you become insulin dependent, your risk for heart disease and dementia is seven times greater. Note: there is an exercise program just for diabetes.

What about a diet to reduce your inflammation? Wouldn't it be nice to awaken in the morning not feeling like you're 25 years older than your real age? Try reducing or eliminating all processed foods, cutting out grains, dairy, sugar, caffeine, corn and white potatoes. Sound crazy? There is a program to help you reduce these food cravings and not miss them. What have you got to lose except for feeling 25 years younger?

Over the next few months, we will be examining several diets. In each upcoming newsletter, we will break down a different diet. This month, we are examining the Ketogenic diet with the Mediterranean diet, eating based on our blood type and others in our scope for future review.

Making only a few changes will promote a healthier you. Remember, change is good!

**Dr. Kelling**

*A cheerful heart is good medicine, but a crushed spirit dries up the bones.*

**Proverbs 17:22**

# WHAT IS THE KETOGENIC DIET?

The ketogenic diet was designed in 1924 by Dr. Russell Wilder at the Mayo Clinic. Despite being highly effective in treating epilepsy, it fell out of fashion due to the surge in new anti-seizure medications in the 1940s. In 1994 Charlie Abraham's family started The Charlie Foundation after his complete recovery from daily seizures despite trying all available anti-seizure medications and enduring a futile brain surgery. Charlie started the diet as a toddler and remained on it for 5 years. He is now a college student and remains seizure-free.

The diet is high in fat, supplies adequate protein and is low in carbohydrates. This combination changes the way energy is used in the body. Fat is converted in the liver into fatty acids and ketone bodies. Another effect of the diet is that it lowers glucose levels and improves insulin resistance. An elevated level of ketone bodies in the blood, a state known as ketosis, leads to a reduction in the occurrence of epileptic seizures.

## The Benefits of a Ketogenic Diet

The benefits that come from a ketogenic diet are similar to those of any strict low-carb diet. However, the effect might be even greater since protein is more restricted. This raises ketones more, and lowers insulin (the fat-storing hormone) more.

**Weight Loss**-Turning your body into a fat-burning machine has obvious benefits for weight loss. Fat burning is vastly increased while insulin – the fat storing hormone – levels drop greatly. This creates ideal circumstances in which fat loss can occur, without hunger.

**Diabetes Type 2 Reversal**-A ketogenic diet is excellent for reversing type 2 diabetes, since it lowers blood sugar levels and the negative impact of high insulin levels.

**Improved Mental Focus**-Ketosis results in a steady flow of fuel (ketones) to the brain. And on a ketogenic diet you avoid big swings in blood sugar. This often results in the experience of increased focus and improved concentration.

A lot of people specifically use keto diets specifically for increased mental performance. Interestingly, there's a common misperception that eating lots of carbs is needed for proper brain function. But this is only true when ketones are not available.

After a few days (up to a week) of keto-adaptation – during which people may experience some difficulty concentrating, have headaches and become easily irritated – the body and brain can run effortlessly on ketones. In this state many people experience more energy and improved mental focus.

## What Do You Eat on a Ketogenic Diet?

Here are typical foods to enjoy on a ketogenic diet. The numbers are net carbs per 100 grams. To remain in ketosis, lower is generally better:



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The most important thing to reach ketosis is to avoid eating most carbohydrates. You'll probably need to keep carb intake to under 50 grams per day of net carbs, ideally below 20 grams. **The fewer carbs the more effective.**

This means you'll need to completely avoid sweet sugary foods, plus starchy foods like bread, pasta, rice and potatoes. Basically follow the guidelines for a strict low-carb diet, and remember it's supposed to be high in fat, not high in protein.

A rough guideline is below 10% energy from carbohydrates (the fewer carbs, the more effective), 15-25% protein (the lower end is more effective), and 70% or more from fat.

Before you start any diet plan, be sure to discuss with your health care practitioner prior to doing so.

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## Baby Chiropractic Treatments and Benefits

As a parent, you might worry that if you take your baby to a chiropractor that someone will start pressing down really hard on your baby's delicate back. Seeing someone working on the spinal column of your little baby without understanding the process could trigger your protective instincts. In actuality, chiropractic care for babies and children involves using a very gentle type of treatment that carefully manipulates your baby's spine without causing injury or harm. Chiropractors often use specialized adjustment instruments in a mild and soothing way while targeting specific areas along your baby's spine that appear abnormal. Your chiropractor will not treat the cause of your baby's health problems but will simply help reduce stress caused by a misaligned spinal column so that your baby's body can function properly and heal more quickly.

According to the American Chiropractic Association, chiropractic treatment may benefit children who suffer from:

- Constipation
  - Bed wetting
  - Chronic ear infections
  - Immune deficiency issues
  - Difficult or medically induced birth
  - Birth defects
  - Failure to thrive
  - Weak latch and other nursing issues
  - Asthma and Allergies
  - Breathing difficulties
  - Trauma or injury
- Recovery from an illness



### Dr. K's Tea Time

**“Teach us to walk the soft  
Earth as relatives to all  
that live.”**

Sioux Prayer

**“No man can wear one  
face to himself and an-  
other to the multitude,  
without finally getting  
bewildered as to which  
may be true.”**

Nathaniel Hawthorne

**“In order to be a realist you  
must believe in miracles.”**

David Ben-Gurion

## To Use Sunscreen or Not? That is the Question

Another hot summer is on its way. Time to play out side, fishing, boating, swimming. However, with the hot sun does come some necessities, especially sunscreen. Due to its popularity in the media, most people are aware of UV rays and their association with skin cancer. But, is there any danger to using sunscreen?

There actually have been studies conducted to investigate certain chemicals found in sunscreen. Interested in the findings? The very chemicals designed to protect you from developing skin cancer are carcinogenic themselves! There are a number of chemicals that are found in various sunscreens: Benzophenones, PABA esters, Cinnamates, Salicylates, Digalloyl trioleate, Methyl anthranilate, and Avobenzone. These chemicals have been found to have some alarming effects within the body that go far beyond blocking you from UV rays. For one, they are found to be powerful free radical generators. Free radicals are reactive compounds that damage fats, proteins, and DNA, leading to cancer. The chemicals found in sunscreen also have estrogenic activity, meaning they will mimic the hormone estrogen and alter the hormone's activity. Just as an additional note, breast cancer is related to estrogen hyperactivity. Finally, these chemicals are stored in fat within your body, allowing for toxins to easily accumulate over time. Even though you are only putting sunscreen on your skin, it absolutely will still absorb into your body.

Outside of the chemical compounds that directly damage the body, sunscreen also blocks your ability to get vitamin D. The UV rays in sunlight that are blocked by sunscreen are the very rays necessary for your body to synthesize vitamin D3, the active form of vitamin D that your body needs. If you read some recent research about vitamin D deficiency, you will learn about the link between low vitamin D levels and chronic disease such as cancer and multiple sclerosis.

With this information, here are two recommendations. One, if you do decide to use sunscreen, you should really consider taking a vitamin D supplement. The benefits found in taking in sunlight are immediately negated by putting on the lotion. Secondly, look for natural forms of sunscreen. Using lotions that contain zinc oxide or titanium dioxide are options that will both block the UV rays without the carcinogenic effects. In the end, it's great if you make the effort to protect yourself from the dangers of skin damage. However, being informed of hidden dangers is just as important. We are often told that sunscreen is the way to protect ourselves from the sun. Unfortunately, we are never taught how to protect ourselves from sunscreen.



*"The Only  
impossible journey  
is the one  
you never begin."*

Anthony Robbins



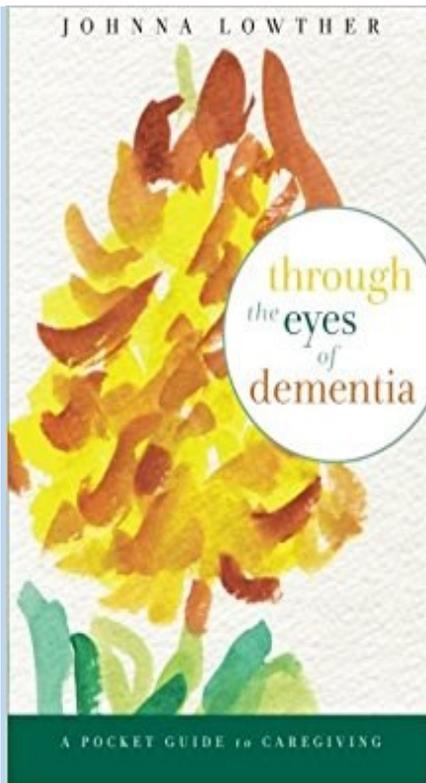
### Ingredients:

1. 3 c. watermelon
2. 1/4 c. fresh-squeezed lemon juice  
(juice of 1 large lemon, or a few small ones)

### Instructions:

1. Cut watermelon into large chunks.
2. Run through your juicer. Add freshly-squeezed lemon to watermelon juice. Chill 1 hour in refrigerator or chill immediately with ice cubes.

**Enjoy!**



You may have seen this book on our tables in our waiting room. This book was written by a daughter of a patient of Kelling Chiropractic.

If you are or know of someone that is a caregiver of an individual impacted by dementia and/or Alzheimer's disease, this is a must read.

Available at:

Amazon.com

*“Learn how to join your friend and loved one in the world of dementia. A guide to give you all the tips and techniques that professionals use every day and lead you into a relationship that is more fulfilling for both sides of this painful disease.”*

*“Sharing my life with these beautiful and amazing people, who also happen to have dementia, has made me a softer, calmer and more peaceful person. Their spirit continues to live, through each breath I take”.- from Through the Eyes of Dementia*

## Trying to Prolong Having your Knee Replacement Surgery?

Most current data suggests that both hip and knee replacements have an annual failure rate between 0.5-1.0%. This means that if you have your total joint replaced today, you have a 90-95% chance that your joint will last **10 years**, and a 80-85% that it will last **20 years**. With this being the case, many patients in their 40's & 50's are holding off on their replacement surgery for as long as possible and are seeking alternative methods for relief of pain and discomfort.

Some methods that have proven to offer relief are chiropractic, kinesio taping, massage and cupping, all of which are available in our office.

Kinesio taping works by reducing swelling and inflammation, increasing circulation which reduces pain and speeds up recovery time while supporting injured muscles and joints without reducing range of motion.

Cupping pulls blood to a region to stimulate healing. It also helps to break up adhesions and scar tissue that has built up in the muscles and tendons. It is effective at stretching tight fascia and muscles. Cupping helps the tissue develop new blood flow and causes anti-inflammatory chemicals in the body.



**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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**Did you know????**

Strawberries dried in the oven at 210 degrees for 3 hours taste like candy but are healthy and naturally sweet...loaded with potassium and vitamin C

