



Happy Thanksgiving from Kelling Chiropractic and Viable Options

November, 2016

Do you Ever Experience Jaw Pain?

A lot of people suffer from chronic intermittent jaw pain, sometimes due to an old injury or maybe a recent acute trauma. However, usually it's due to an unknown, very subtle origin. Jaw pain can be caused by biting or chewing on a very hard piece of meat, fruit or candy. Obviously, any form of blunt trauma to the head or face can cause lingering jaw pain or "clicking", but the most common origin could even be a recent trip to the dentist. Any of these situations may result in a misalignment of the TMJ or temporal mandibular joint. An unusual source of jaw pain can be due to the "clenching or grinding" of teeth at night. This could be caused by stress or even a magnesium deficiency. This may possibly require the patient to sleep with a mouth guard.

Treatment in our office can include chiropractic manipulation, ultrasound therapy, moist heat, massage, cold laser therapy and kinesio taping. In some cases, the patient will be referred out for an evaluation and treatment by a dentist.

Remember, we only accept patients we can help!

Dr. Kelling

Blessed is the Nation whose God is the Lord. Psalm 33:12

"An appeal to arms and to the God of hosts is all that is left us!...Sir, we are not weak if we make a proper use of those means which the God of nature hath placed in our power...Besides, Sir, we shall not fight our battles alone. There is a just God who presides over the destinies of nations and who will raise up friends to fight our battles for us....is life so dear, or peace so sweet as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take, but as for me, give me Liberty or give me death!"

**Patrick Henry*



...One Nation Under God...

Supreme Court Justices

“The Bible is the best of all books, for it is the word of God and teaches us the way to be happy in this world and in the next. Continue therefore to read it and to regulate your life by its precepts.”

***JOHN JAY: FIRST CHIEF JUSTICE**

One of the beautiful boasts of our municipal jurisprudence is that Christianity is a part of the Common Law....There never has been a period in which the Common Law did not recognize Christianity as lying at its foundations....I verily believe Christianity necessary to the support of civil society.”

***JOSPEH STORY: U.S. SUPREME COURT JUSTICE**

Life Is All About How You Handle Plan “B”

by Linda Laskowski, Cct

I have always been blessed with help from many sources especially when my heart is heavy with confusion and upset. When this happens, I look for signs and keep my options open. Help came in an unexpected way and led me to be able to put into words all that has happened.

Plan “A” is always my first choice, as I am sure it is for everyone. It is the one where everything works out. However, returning to Missouri, I find myself dealing with the upside down version where nothing goes as it should. It's at this point the real test of my character and others comes into the mix....decisions are made, not always kind ones....do we allow the emotion that we are feeling at that moment to win out and cause more heart ache or do we overcome that emotion and decide on another choice, one that involves our willingness to make other choices.....Do we sink or do we swim? Do I wallow in self-pity or do I simply shift my gears and make the best of the situation? The choice is always mine. So you see life really is all about how you handle Plan “B”.

Returning as owner of Viable Options and with the unselfish help that I have received from a very special friend and many other friends and clients, I am able to move back and forth from Plan “A”, my intended course to Plan “B”, my alternate one. Thank you all for making that an easy transition.

I have tried twice to retire, this time I got at least 2 weeks in before retirement was over. I truly don't think the Universe via my clients wants that day to happen....Ha!

I was truly overwhelmed at the warm reception each and every friend/client extended to me including lunches, dinners, dancing, River Market brunches, all the while trying to fit in all the scheduled appointments.

Whew!!!! Talk about burning the candle at both ends....

The email has gone out for my schedule choices for November and soon I will post my dates for December. I am always amazed at how accommodating my clients have been through this ordeal and I thank you all profusely.

I remember years ago when Sally Field received her Oscar and in her acceptance speech she said... “they like me....they really do like me.”

Thank you all for all the kindness you have extended to me and continue to do so through each appointment.

See you soon!!!!

Could it be a Hiatal Hernia?

In a hiatal hernia (also called hiatus or diaphragmatic hernia), a portion of the stomach penetrates through a weakness or tear in the *hiatus* of the diaphragm, the small opening that allows the esophagus to pass from the neck and chest to its connection with the stomach. Often there are no symptoms, and the condition may not cause any problems. The patient may not be aware they have a hiatal hernia.

The term *sliding* is employed when hiatal hernia involves the lower esophageal sphincter where the esophagus attaches to the stomach. It can also involve a small portion of the stomach. Individuals may experience heartburn, indigestion and GERD. PPI's /antacids are often prescribed for these symptoms of the hernia but can cause serious side effects with prolonged use. Other options for treatment include a chiropractic adjustment. This is done by pulling the stomach down through the diaphragm after the thoracic spine and rib cage, both the anterior and posterior have been adjusted. This allows for treatment without the ill effects of medicine and or surgery.

When you have a hiatal hernia, it is easier for stomach acids to come up into the esophagus, the tube that carries food from your throat to your stomach. This causes a burning feeling in your throat and chest. Certain foods can make these symptoms worse for some people. Fortunately, heartburn symptoms associated with hiatal hernia often can be controlled with diet and lifestyle changes.

Hiatal Hernia: Foods That May Cause Symptoms

The following foods are highly acidic or may weaken the lower esophageal sphincter, making it easier for stomach acids to back up into your esophagus. They may cause heartburn symptoms.

- Citrus foods, such as oranges, grapefruits, and lemons, and orange juice, grapefruit juice, cranberry juice, and lemonade
- Chocolate, fatty and fried foods, such as fried chicken and fatty cuts of meat, garlic and onions
- Spicy food
- Peppermint and spearmint, tomato-based foods such as spaghetti sauce, pizza, chili, salsa, and tomato juice
- Coffee, tea (including decaffeinated versions), and alcohol, carbonated beverages
- Dairy products, such as whole milk, ice cream, and creamed food. Try soy milk; it may be a good milk substitute. Also, mild cheeses, like feta or goat, may be enjoyed in moderation. Oil and butter.

Fortunately, heartburn symptoms associated with hiatal hernia often can be controlled with diet and lifestyle changes. There are supplements that have proven to be effective in providing relief as well. For instance, there are multiple types of aloe vera products on the market. One of the most effective is in liquid form, called **Aloe Gold** by **Univera**. We have found it to be more effective than the capsule form. **Standard Process** labs makes a product called **Gastrex** that is extremely effective when taken as directed. Both of the products are available here in our office.



Health Benefits of the Beetroot

What is beetroot?

The beetroot is *the taproot* portion of the beet plant also known in North America as the table beet, garden beet, red or golden beet, or informally simply as the beet. Other than as a food, its uses include **food coloring** and as a **medicinal plant**.



The usually deep purple roots of beetroot are eaten either grilled, boiled, or roasted as a cooked vegetable, cold as a salad after cooking and adding oil and **vinegar**, or raw and shredded, either alone or combined with any salad vegetable.

The green, leafy portion of the beet is also edible. It is most commonly served boiled or steamed, in which case it has a taste and texture similar to spinach. Those selected should be bulbs that are unmarked, avoiding those with overly limp leaves or wrinkled skins, both of which are signs of dehydration.

- Most beetroot on sale is round and red, but yellow, white and stripy versions are available. Beetroot can be peeled, steamed, and then eaten warm with butter as a **delicacy**; cooked, pickled, and then eaten cold as a **condiment**; or peeled, shredded raw, and then eaten as a **salad**.
- Pickled beets are a traditional food of the **American South**, and are often served on a **hamburger** in Australia, New Zealand, and the United Arab Emirates
- A traditional **Pennsylvania Dutch** dish is **pickled beet egg**.
- In Poland, beet is combined with **horseradish** to form popular **ćwikła**, which is traditionally used with cold cuts and sandwiches, but often also added to a meal consisting of meat and potatoes.

What are the health benefits of beetroot?

- Beetroot is an excellent source of **folate** and a good source of **manganese**
- Beetroot has been linked with better stamina, especially good for people who engage in endurance sports, as well as being effective in lowering blood pressure.
- Drinking beetroot juice increases blood flow to the brain in older people, which may be able to fight the progression of dementia, a 2010 study suggested.
- Beetroot contains high concentrations of nitrates which are converted into nitrites by bacteria in the mouth. Nitrites help open blood vessels in the body, increasing blood flow and oxygen to places lacking in oxygen.
- Previous studies have shown that nitrites widen blood vessels, but U.S. researches writing in *Nitric Oxide: Biology and Chemistry*, the peer-reviewed journal of the Nitric Oxide Society, say theirs was the first to find that nitrites also increase blood flow to the brain.
- A 100g serving of raw beets provides 43 calories, 2g protein, 0g fat, 10g carbohydrate, 3g fiber
- Beetroot fiber has shown to increase the level of antioxidant enzymes in the body, as well as increase the number of white blood cells, which are responsible for detecting and eliminating abnormal cells.
- Beets are also one of the richest sources of glutamine, an amino acid, essential to the health and maintenance of the intestinal tract.

Southern Sweet Potato Casserole

Ingredients

- 5 cups cooked sweet potatoes, mashed (about 5-6 medium sweet potatoes)
- 1 cup granulated sugar
- 8 tablespoons butter, softened
- 1½ teaspoons vanilla extract
- ½ cup milk
- 2 eggs

For the Streusel Topping:

- 1 cup brown sugar, packed
- ½ cup all-purpose flour
- 1 cup chopped pecans
- 4 tablespoons butter, softened
- ½ cup mini marshmallows, optional

Instructions

1. Preheat oven to 350° F. Scrub sweet potatoes and boil or bake in the oven until tender.
2. Cool, peel and mash the sweet potatoes. Stir in granulated sugar, butter, vanilla, milk and eggs, mix well.
3. Pour mixture into a 9x13 casserole dish or individual dishes for serving.

For the topping:

1. Mix brown sugar, flour, nuts and butter together and spread evenly over sweet potato mixture. Cook for 30 minutes until topping has browned. If using mini marshmallows, add them the final 10 minutes of baking. Remove from oven and serve.



Doctor K's Tea Time

“The ones among you who will be really happy are those who have sought and found how to serve.” **Albert Schweitzer**

Before you embark on a journey of revenge, dig two graves.

Confucius

A man should never be ashamed to say he is wrong, which is but saying in other words that he is wiser today than he was yesterday.

**Alexander
Pope**

I would rather be a superb meteor, every atom of me in magnificent glow, than asleep and permanent as a planet.

Jack London

The only way to live is by accepting each minute as an unrepeatable miracle.

Storm Jameson

If you want to go quickly, go alone. If you want to go far, go together.

African Proverb

If you just don't like something, change it. If you can't change it, change your attitude.

Maya Angelou

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, Voncelle, Hilary and Cheryl
Massage Therapists

Viable Options

816.438.3451

Linda Laskowski

M-W-F 9:00 AM—6:00 PM

viableoptions1@gmail.com

www.viableoptions.com

All major credit cards accepted as is
cash and checks made payable to
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What is Reflexology?

Reflexology is the application of pressure to areas on the feet, hands and ears. Reflexology is generally relaxing and may be an effective way to alleviate stress.

The theory behind reflexology is that these areas correspond to organs and systems of the body. Proponents believe that pressure applied to these areas affects the organs and benefits the person's health.

Reflexologists use foot charts to guide them as they apply pressure to specific areas. Sometimes these practitioners use items, such as rubber balls, rubber bands and sticks of wood, to assist in their work. Practitioners of reflexology include chiropractors, physical therapists and massage therapists, among others. Testimonies and scientific research suggest reflexology is helpful for health challenges such as allergies, diabetes, fatigue, headaches, hypertension, infertility and much more.

Several studies funded by the National Cancer Institute and the National Institutes of Health indicate that reflexology may reduce pain and psychological symptoms, such as anxiety and depression, and enhance relaxation and sleep. Studies also show that reflexology may have benefits in palliative care of people with cancer.

Research studies have shown benefits from even a single session of reflexology, but most suggest a series of sessions for the cumulative benefit gained. Choosing to experience the benefits of reflexology is an investment in your personal health and wellness goals.