

Kelling Chiropractic Center

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Newsletter

November 2017

Let's Welcome the New Doctor

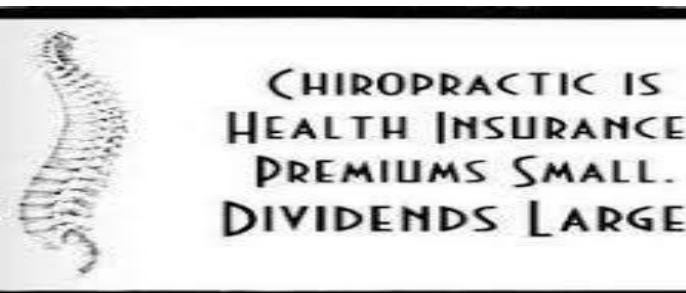
We are proud to announce that Dr. Clayton Newberry will start seeing patients in our office in the month of November! Our goal is to allow our patients access to chiropractic care five days a week. We want both new and established patients to be able to receive treatment the same day if needed.

A Little Bit About Dr. Newberry

Dr. Clayton Newberry was born and raised in St. Louis, Missouri. He later studied biology at Truman State University where his fascination with the human body and desire to serve others led him to shadow some local chiropractors in his community. After his first day observing, he knew that chiropractic was what he wanted to do. The connections and relationships that the local chiropractors had with their patients was what made the career even more interesting.

After completing his bachelor's degree at Truman, he went on to earn his doctorate of chiropractic at Logan University in St. Louis. He has been practicing for over a year in the Northland and is settling in as a Kansas City resident with his wife Emily and their five month old son, Henry. Dr. Newberry looks forward to meeting and working with each of you!

Dr. Kelling



***Give thanks to the Lord, for he is good.
His love endures forever. Psalm 136:1***



Napping-Good or Bad for you?

More than 85% of mammalian species are polyphasic sleepers, meaning that they sleep for short periods throughout the day. Humans are part of the minority of monophasic sleepers, meaning that our days are divided into two distinct periods, one for sleep and one for wakefulness. It is not clear that this is the natural sleep pattern of humans. Young children and elderly persons nap, for example, and napping is a very important aspect of many cultures.

As a nation, the United States appears to be becoming more and more sleep deprived. And it may be our busy lifestyle that keeps us from napping. While naps do not necessarily make up for inadequate or poor quality nighttime sleep, a short nap of 20-30 minutes can help to improve mood, alertness and performance. Nappers are in good company: Winston Churchill, John F. Kennedy, Ronald Reagan, Napoleon, Albert Einstein, Thomas Edison and George W. Bush are known to have valued an afternoon nap.

Naps can be typed in three different ways:

- **Planned napping** (also called preparatory napping) involves taking a nap before you actually get sleepy. You may use this technique when you know that you will be up later than your normal bed time or as a mechanism to ward off getting tired earlier.
- **Emergency napping** occurs when you are suddenly very tired and cannot continue with the activity you were originally engaged in. This type of nap can be used to combat drowsy driving or fatigue while using heavy and dangerous machinery.
- **Habitual napping** is practiced when a person takes a nap at the same time each day. Young children may fall asleep at about the same time each afternoon or an adult might take a short nap after lunch each day.

TIP: A short nap is usually recommended (20-30 minutes) for short-term alertness. This type of nap provides significant benefit for improved alertness and performance without leaving you feeling groggy or interfering with nighttime sleep.

BENEFITS:

- Naps can restore alertness, enhance performance, and reduce mistakes and accidents. A study at NASA on sleepy military pilots and astronauts found that a 40-minute nap improved performance by 34% and alertness 100%.
- Naps can increase alertness in the period directly following the nap and may extend alertness a few hours later in the

day.

- Napping has psychological benefits. A nap can be a pleasant luxury, a mini-vacation. It can provide an easy way to get some relaxation and rejuvenation.

NEGATIVE EFFECTS:

In spite of these benefits, napping isn't always the best option for everyone. For example, some people have trouble sleeping any place other than their own bed, making a nap at the office or anywhere else unlikely. Other people simply have trouble sleeping in the daytime; it could be that certain individuals are more sensitive to the midday dip than others – those who are may feel sleepier and have an easier time napping. Here are some other negative effects:

- Naps can leave people with sleep inertia, especially when they last more than 10-20 minutes. Sleep inertia is defined as the feeling of grogginess and disorientation that can come with awakening from a deep sleep. While this state usually only lasts for a few minutes to a half-hour, it can be detrimental to those who must perform immediately after waking from a napping period. Post-nap impairment and disorientation is more severe, and can last longer, in people who are sleep deprived or nap for longer periods.
- Napping can also have a negative effect on other sleeping periods. A long nap or a nap taken too late in the day may adversely affect the length and quality of nighttime sleep. If you have trouble sleeping at night, a nap will only amplify problems.
- Napping is only for children, the sick and the elderly.

Though the above statements are false, many segments of the public may still need to be educated on the benefits of napping. One study has indicated that napping is associated with increased risk of heart failure in people already at risk.

A recent study in the research journal *Sleep* examined the benefits of naps of various lengths and no naps. The results showed that a 10-minute nap produced the most benefit in terms of reduced sleepiness and improved cognitive performance. A nap lasting 30 minutes or longer is more likely to be accompanied by sleep inertia, which is the period of grogginess that sometimes follows sleep.

By now you're probably thinking about ways to incorporate naps into your daily routine. Keep in mind that getting enough sleep on regular basis is the best way to stay alert and feel your best. But when fatigue sets in, a quick nap can do wonders for your mental and physical stamina.

Source: National Sleep Foundation

Stevia: Health Benefits, Facts, and Safety

Stevia is a green, leafy plant that is native to South America. It has been used for medicinal purposes for many centuries. The plant has also been bred for its strong, sweet flavor and used as a sweetener. However, the refined stevia sweeteners used today often don't resemble the whole stevia plant at all. You *can* buy whole or crushed stevia leaves, but most often you are getting an extract (either liquid or powder), or a refined version of the plant's isolated sweet compounds.

The two major sweet compounds that are isolated from the leaves are called Stevioside and Rebaudioside A. These two compounds are hundreds of times sweeter than sugar. There are many different types of stevia. The problem is that some of them taste bad. Therefore, getting the right kind is absolutely essential. You can buy stevia in powder and liquid form. Some people prefer the powder over liquid and claim that it has less aftertaste. Note that the liquid forms often have alcohol added to them, which might contribute to the bad taste. Look for a brand that is organic, has no unnatural additives and has good flavor according to reviews. Stevia can be used in many ways. You can add it to your smoothie, yogurt, tea, coffee and other beverages. It is also a good sugar substitute for baking. Since you can buy it in liquid and powder form, it's more convenient to use the liquid form for beverages and the powder for baking. When it comes to baking with stevia, many people mix it with erythritol, another natural low-calorie sweetener that is much bulkier. When using it in recipes, keep in mind that it is incredibly potent. One teaspoon of stevia extract can have a similar sweetening power as a **whole cup** of sugar, but this can vary between brands.

5 Sweet Benefits of Stevia

Excellent for Diabetics

Type 2 diabetic patients who took 1 gram of stevioside (present in the plant stevia) with a meal had an 18 percent reduction in blood sugar according to this study. A study that compared stevia, regular sugar and aspartame, showed that stevia lowered blood sugar and insulin levels after a meal.

May Reduce Risk of Pancreatic Cancer

Stevia has sterols and antioxidant compounds (kaempferol, quercetin, chlorogenic acid, caffeic acid, isoquercitrin and isosteviol) in it and studies have found that kaempferol can reduce the risk of pancreatic cancer by 23%.

May Help to Lower Bad Cholesterol and Increase Good Cholesterol

A study in 2009 found stevia helps lower bad cholesterol and increase good cholesterol. Research also noted that the subjects had no adverse side effects from the Stevia on their health.

May Reduce Breast Cancer

This 2012 study found that stevioside helped to decrease specific stress pathways that create breast cancer growth.

Great for Weight Loss

Stevia has no calories or carbohydrates.



Stevia Caution

Some Stevia extracts are so isolated that they have a bitter taste and so other artificial sweeteners have to be added. Some commercial stevias have been extracted solely with alcohol solvents (usually the white powder form). This alcohol solvent leaves the sweet taste of the stevia but can take away some of the health benefits.

Highly processed stevia such as Truvia, is not real stevia by the time it goes through refining. Chemical solvents are added during the refining process which includes acetonitrile, found to be toxic to the liver and a carcinogen.

Reasons Why you Should Not Drink Coffee on an Empty Stomach



There are some people that are addicted to drinking coffee; they would rather start their day with this cup of delight in order to stay sharp all day. Some love it so much they would rather have it than to drink water. Many consider it a routine as the day may start awfully if one or two cups of the brown delight are not gulped down.

Drinking coffee is good for the body as there are many benefits loaded in it. As refreshing as a cup of coffee is, taking it on an empty stomach can cause serious health issues. It is important for you to know when to take a product and when not to. Coffee is good for the body but taking it at the wrong time can interfere with the normal functioning of the body. The amount of hydrochloric acid produced in the stomach increases when coffee is being taken on an empty stomach. A long term effect of this contributes to the development of gastritis, an inflammation of the stomach lining. Taking coffee on an empty stomach may seem appropriate to people who start their mornings with it. However, the high levels of the hydrochloric acid produced can interfere with the digestion and absorption of proteins. This is one of the reasons why people suffer from inflammation of the bowel, bloating and irritation. Taking coffee on an empty stomach can also cause colon cancer. In addition to this, it can increase the levels of cortisol in the body. This hormone helps us to stay awake and signals to that parts of our brain that controls staying awake.

I know you may be hesitant to try brussels sprouts, maybe you had a bad experience as a child? I'm telling you, these Parmesan Roasted Brussel Sprouts will change your mind about the tiny green cabbage-looking vegetable.

Parmesan Roasted Brussel Sprouts

Ingredients

- 1 1/2 pounds fresh brussel sprouts, trimmed and halved
- 2 tbsp. olive oil
- 1/4 cup bread crumbs
- 1/2 cup shredded parmesan cheese
- 1 tsp garlic powder
- 1/2 tsp salt
- 1/4 tsp black pepper



1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with non-stick spray and set aside.
2. Combine brussel sprouts and olive oil in a large zip close bag and shake to coat. Add the bread crumbs, parmesan cheese, garlic powder, salt and pepper to the bag and shake to coat. Spread in an even layer on the baking sheet and bake for 15 to 17 minutes until the cheese is melted and the brussels sprouts are lightly browned. **ENJOY**

What is Hot Stone Massage?

Jed Heneberry

Should I Get One?

Stone massage is a luxurious experience in which the massage therapist uses warmed, smooth stones to provide bodywork, warming muscle tissue to reduce muscle tension and stiffness and eliciting physical healing, mental relaxation and spiritual connection to earth energy.

Photos frequently incorrectly portray the treatment with massage clients relaxing on a towel with stones placed artfully along their naked spine.

In reality, two insulating layers, a sheet and a thick bath towel will be placed on your skin and the stones will be placed upon it. Your massage therapist will be using stones heated to 130-140 degrees Fahrenheit. Stones should never rest directly on your skin; they will only touch your skin if the therapist is holding them to apply strokes.

The heat of stone massage can be especially beneficial for certain populations and something to avoid for others. Specific chronic muscular conditions like frozen shoulder or low-back pain benefit as the heat helps tissues relax during massage work. And while stone massage is lauded for relaxation it promotes, the therapists can use it for targeted trigger-point work and myofascial release as well.

Those who should avoid hot stone massage include people with diabetes, neuropathy, rheumatoid arthritis, skin conditions covering large areas of the body or local skin conditions such as sunburn, broken skin, localized swelling or other soft-tissue injuries.

Following are some of the benefits associated with stone therapy:

- * Reduces anxiety, pain and stress
- * Promotes mental and physical relaxation

- * Creates a feeling of groundedness and balance
- * Enhances connection to earth energy
- * Promotes local circulation in the area where it is applied
- * Warms soft-tissue structures so they are ready for firm work more quickly



A lot of disappointed people have been left standing on the street corner waiting for the bus marked “Perfection”.

Donald Kennedy

Character is how you treat those who can do nothing for you.

Anonymous

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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



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Massage Gift Certificates Available for:

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90 minutes \$90

- Hot Stone
- Deep Tissue
- Swedish
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- Thai
- Cupping
- Gua Sha
- Myofascial Release
- Certified Reflexologist



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FACT:
 ONE OF THE ONLY ACTIVITIES
 THAT ACTIVATES, STIMULATES,

 AND USES THE ENTIRE BRAIN
IS MUSIC